Happy Begins Here

Health



BANISH BELLY FAT

YOU CAN DO THIS!

17 BEST ENERGY HACKS

Happy Mood Foods

ALISON SWEENEY'S HOT BODY SECRETS

Erase Years Off Your Face

Skin Docs' New Tricks

KICK SUGAR CRAVINGS

And Drop Pounds!

IS YOUR HOUSE MAKING YOU SICK?

FIND OUT ON P. 83

FOR THE
COLD-SEASON

COUGH



march '15

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"It makes a huge difference when you find something you love to do."
—ALISON SWEENEY

Cover photography by Alexei Hay.

Styling by Karen Shapiro. Hair by David Keough for Celestine Agency. Makeup by Corina Duran Rabichuk for Exclusive Artists. Manicure by Mariel Pizarro.

To get Alison's radiant look, try these Maybelline New York products: Face Studio Master Primer Blur + Illuminate, Face Studio Master Concealer, Fit Me Matte + Poreless Powder, Color Elixir Luminescent in Blushing Petal, Master Graphic Liner and Lash Sensational Mascara; at mass retailers. For Alison's hairstyle, try these Garnier Fructis products: Full & Plush Mega Full Thickening Lotion and Full & Plush Voluptuous Blow Out; at mass retailers.

Clothing, cover: Current/Elliott button-down shirt; currentelliott.com. J Brand white denim jeans; jbrandjeans.com. Necklaces and bangle bracelets by Maya Brenner; mayabrenner.com. Rings, Alison's own. Clothing, this page: Kora Rae wrap dress; korarae.com.

PHOTOGRAPHY BY ALEXEI HAY

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Editorial Offices: 1271 Avenue of the Americas, New York, NY 10020-1393. **Customer Service:** *Health*, P.O. Box 62120, Tampa, FL 33662-2120; 800-274-2522. Customer service online 24 hours a day: health.com/customerservice. **Subscribers:** If the post office alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within two years. **Mailing List:** We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please call or write us.

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#1 ANTI-AGING WORLDWIDE

L'ORÉAL PARIS



The Trick to Getting Fitter

I love to tell my children that sticking to a routine is the key to getting the results you want—in school, at the gym and in life. (They roll their eyes, they've heard it so many times!) But just because I always say it doesn't mean I always do it. And this time of year, when the urgency has faded from our resolutions, I tend to make excuses rather than make time for exercise. I asked our fitness columnist, Tracy Anderson, how she stays motivated to work out. "It is the highlight of my day to have the opportunity to connect with myself," she told me. "Of course it's my life's work, but it's also my personal lifestyle to show up for my health."

I like the way that sounds: *show up for my health.* By viewing exercise as a commitment to feeling good instead of just another item on my to-do list, I get out of my chair and down to the gym more often. And in recent busy weeks, I have expanded the definition of what a workout can be. No time for spin class? Then the 45-minute walk home from work counts. Skipped the weights at the gym? Four loads of laundry can compensate. I am planning to run this fitness math by Tracy when I chat with her at Canyon Ranch later this spring and see if she approves. Want to join us? Check out the details below.



Clare McHugh
editor
clare@health.com



Nab Our New Book

Health's *guide to shaping up and staying slim,* Your Best Body Now, *is on sale at newsstands and stores near you and available via mail at timeincbooks.com.*

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- ***PAGES YOU CAN SHOP!*** Buy the perfect spring lip color (page 32) and other great products right from your device.
- ***WORKOUT VIDEO*** from fitness expert Tracy Anderson (page 64)
- ***RECIPES***—and the tools to make menus and shopping lists and find deals on ingredients. All this from our sister site MyRecipes.com.

Look for this icon on pages with pics you can scan.

COME MEET TRACY ANDERSON!

→ Get access to our pros: Star trainer Tracy Anderson (pictured far right, with *Health* fitness editor Rozalynn Frazier) will be at our Canyon Ranch event May 1–3. (Visit health.com/totalwellness for info on attending.) Tracy, along with *Health* contributors Roshini Rajapaksa, MD, nutritionist Cynthia Sass, RD, and psychiatrist Gail Saltz, MD, will be available to talk and answer questions during the weekend. Don't miss out!



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WHAT'S THE BEST PIECE OF ADVICE YOU EVER HEARD?

- "My grandmother, who lived to be 94, said, 'Never stop moving or you will get rusty.'" —*Diane T., via Facebook*
- "90 percent of success is simply showing up." —*@lindatucker319*
- "Buy good shoes and a good bed because if you're not in one, you're in the other!" —*Melissa W., via Facebook*
- "The two things you can control in life are your effort and your attitude." —*Linda D., via Facebook*
- "If you can't pronounce an ingredient on a label, you don't need to put it in your body." —*@FromFL*
- "All exercise programs work. You just have to follow them." —*Jennifer J., via Facebook*
- "No one is in charge of your happiness except you." —*@Miss_KayL*
- "Always bring a book." —*@RachelOnandOn*
- "Make your passion your occupation and you will never work a day in your life." —*Bridget W., via Facebook*
- "Don't pay attention to the number on the scale when trying to slim down. Pay attention to your shrinking dress size!" —*@Sukhsweety*

OUR COVER CELEB SAYS...

"When I was first pregnant, someone said to imagine I already had a kid: What would I do? It helps you pause and realize it's OK; there's no need to panic every time something happens." —*Alison Sweeney*

PRO_SHARE

MOTHER KNOWS BEST

64% of you on Facebook said that your mom always gives the greatest advice.

THE TOP TIPS WE HEARD THIS MONTH

▸ These small moves will net you big results this spring.

ANTI-AGE YOUR NECK

▸ The neck is often overlooked during skin care. Dermatologist Francesca Fusco, MD, advises exfoliating below your chin with either a daily exfoliating cleanser or a twice-a-week glyco peel, like Patricia Wexler M.D. Exfoliating Glyco Peel System ($45; bathandbodyworks.com).

HEALTHY UP YOUR KITCHEN

▸ "Proximity has power," stresses Jennifer McDaniel, RDN. "What you see, you are more likely to eat!" Place pre-prepped produce in clear containers and store them front and center in your fridge. Conceal tempting foods in opaque containers or mummify them in aluminum foil.

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New From Health



Sure, planks help you score a gorgeous core, but they also firm up your arms.

Sculpt Amazing Arms

Short sleeves and tank tops are right around the corner. Do the fun toning exercises at **health.com/amazing-arms** to transform your entire upper body—the moves target your biceps, triceps, shoulders and back. (Ready for some serious arm envy?)

Fitness Motivation, Found!



After a *looong* winter indoors, it can be difficult to snap back into your fitness routine. Check out **#HealthMagInspiration** on our Instagram page **(@health magazine)** for motivating quotes that will help you get pumped to work out.



Never miss out on great food, fitness, beauty and wellness strategies! Scan the cover image above to subscribe to our monthly print and tablet editions for only $12 a year.

Tackle a 5K!



Running is a major calorie- and stress-buster, so kick off spring by signing up for a 5K. Never ran one? We'll help you ace it. Follow us on Twitter **(@goodhealth)** and look for tweets with **#5KTrain** for tips on running your best race. See you at the finish line!

Tweet Your Way Gorgeous



Don't you wish beauty pros would share the tricks of the trade? Luckily for you, we got them to spill. Look for **#BeautyTip** on our Twitter feed **(@goodhealth)** this month for need-to-know makeup, body and skin secrets from the experts.

Super Seasonal Recipes

>Nothing beats a ripe, juicy piece of fruit or a crisp vegetable. From sweet strawberries to nutrient-packed peas, spring is full of delicious—and good-for-you—foods. See what's in season and get tasty recipes at **health.com/spring-produce.**

ARMS: ADRIANNA WILLIAMS/GETTY IMAGES; STRETCHING: FUSE/GETTY IMAGES; RUNNING: SSC/GETTY IMAGES; PEAS: SABINE SCHECKEL/GETTY IMAGES; MAKEUP: IMAGE SOURCE/GETTY IMAGES

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#1 ANTI-AGING WORLDWIDE

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HEART HEALTH FOR THOSE WITH HEART

Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A one-ounce handful has 13g of unsaturated fat and only 1g of saturated fat.

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Besides offering affection, your dog can help you exercise more, stress less and have better heart health, studies show.

ALL YOU NEED IS LOVE

You say Wally is a member of your family, skip work to take him to the vet if he's sick and celebrate when he passes training school. Some may scoff at the attention you pay to your pup, but a new study in *Plos One* suggests it's A-OK to call yourself a pet parent. Why? Your dog brings you joy just like your children do. Researchers looked at brain scans of women who had at least one kid between the ages of 2 and 10 and a dog for two or more years. The brain areas linked with emotion, reward and relationships lit up when they saw photos of their children—*and* when they saw pics of their pet. "It's clear people adore their pets, and the positive effect they have on humans is more than evident," says co–lead author Lori Palley, DVM, of the MGH Center for Comparative Medicine in Boston. So go on treating your dog like the (fur) baby he is.

PHOTOGRAPHY BY LISA SHIN



← Daydreaming has never seemed so sweet—especially when it comes with health perks.

BOOST YOUR BRAIN THE EASY WAY

Sure, you could spend months learning a new language to get your noggin in top form—or you could just adopt some simple habits to maximize your mind right now. Here, three good ones to try. Your noodle will thank you!

1. Meditate (even meh-ly).
You'll be more creative if you do so, particularly when you're called on to think of new ideas, according to a new study in the journal *Mindfulness*. People saw brain perks from a mere 20 minutes of meditating, even if other thoughts popped into their heads while they were trying to Zen out, like "I need to start the dishwasher after this."

2. Let yourself reminisce.
Got a problem—say, how to deal with a pushy relative—that you can't solve? Allow your mind to wander back to how you managed a similar situation in the past. A recent study from Cornell University found that when folks engaged brain regions associated with memory and reminiscing, they did better on the task at hand.

3. Daydream.
Perhaps you've seen someone staring out the window and thought, "They're clearly not being productive." Turns out, daydreamers have a better working memory, which helps you retain and recall details in the midst of distraction (like remembering a long coffee order at a loud café), shows University of Wisconsin–Madison research.



HOW TO GIVE THE BEST ADVICE

BY TIM GUNN

"When someone asks you for advice, whether it's about her relationship, career or kids, it's really easy to come to the situation with preformed opinions and then start babbling without bothering to find out what's really going on. But that's the biggest mistake you can make. Instead, try engaging the person in a Q&A first to figure out where she's coming from. Not only does it save time if she vocalizes how she feels up front, but also when it comes from her own mouth, she's more likely to listen to the advice."

Tim Gunn is a co-host and mentor on Project Runway *and author of* The Natty Professor: A Master Class on Mentoring, Motivating and Making It Work!

48%

The portion of American workers surveyed who said they've dealt with office bullying at some point in their careers.

SOURCE: *Workplace Bullying Institute*



← Inhale for mopping motivation.

SPRING-CLEANING TIP: SNIFF CITRUS

"People often use lemon-scented products to clean, so being reminded of a spotless place could encourage them to clean their own space by association," says Paul Dolan, PhD, professor of behavioral science at the London School of Economics and author of *Happiness by Design*. In fact, folks who smelled the scent were more apt to tidy up than those smelling nothing at all, found a study in *Psychological Science*. Time to invest in a diffuser!

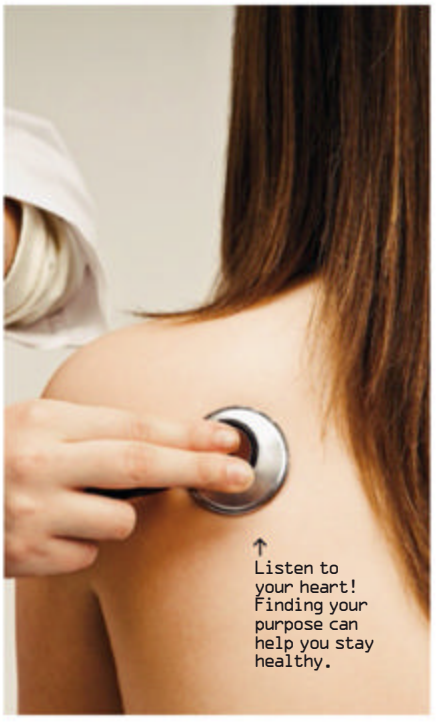
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STEEP THIS TO SKIP CANCER

Teatime just got better: A new study found that women who drank a few daily cups of black tea had a 31 percent reduction in ovarian cancer risk, versus women who rarely or never drank tea. Researchers combed through the diets of more than 170,000 women between ages 25 and 55 over three decades, looking for intake of foods with flavonols (compounds in tea as well as citrus fruit and red wine). "Flavonols reduce inflammation and help fight abnormal cell growth," which may explain their cancer-fighting abilities, says lead author Aedin Cassidy, PhD, of the University of East Anglia in England.



Need a break? Treat yourself to a daily mug (or two) of cancer prevention.



Listen to your heart! Finding your purpose can help you stay healthy.

WHAT DO YOU LIVE FOR?

Next time you really don't feel like scheduling your checkup, think about your kids or your career goals. Men and women with a higher sense of purpose are far more apt to get regular health screenings and stay well, per new research. After tracking more than 7,000 people over six years, researchers from the University of Michigan found that those who reported that they had more of a purpose in life were 60 percent less likely to undergo an overnight hospital stay (a signal of serious illness). They were also twice as likely to have been screened for cholesterol levels, and the women were three times as likely to have had a mammogram. "One reason might be that these people feel like they have a lot to live for, so they're more willing to push past pain, fear or even just the hassle of going to the doctor," explains lead study author Eric S. Kim.



One out of every three American babies was born via C-section in 2011, according to a new analysis.

SOURCE: *Plos Medicine*



FORGET PERFECT—AIM FOR GOOD ENOUGH

BY ELIZABETH LOMBARDO, PhD

"Back in January, you resolved to give up fast food or hit the gym every morning, no excuses. But now it's March, and you've totally reverted to sleeping in and hitting the drive-through—plus feeling awful about it. Sound familiar? You could be letting your perfectionism stand in your way. To push back, repeat after me: 'It's not failure, it's data.' If you flub, use it to learn something. Were you sleeping in because you were exhausted from staying late at work? Get back on track by heading home and into bed on time tonight so it's easier to wake up. Avoid the word *should*. It's not that you 'should' accomplish these goals. It's that you *want* to be healthy. Focus on that, and you'll be on your way to good enough and feeling great."

Elizabeth Lombardo, PhD, is author of Better Than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love.

TEA: LEVI BROWN/TRUNK ARCHIVE; WOMAN, GLOW WELLNESS/GETTY IMAGES; BABY ICONS, SAEED FARRAHI/THE NOUN PROJECT; HEAD SHOT COURTESY OF ELIZABETH LOMBARDO





SCAN TO SHOP!
SCAN THE PHOTO ABOVE TO PURCHASE THE ITEMS (LEARN HOW ON PAGE 8).

AGE-PROOF YOUR SMILE

A brighter smile makes you look younger, fresher... the list goes on. And a less-than-healthy mouth can add years. New York City cosmetic dentist Marc Lowenberg, DDS, shares his top teeth-perfecting tips.

Floss often.
Do it once or twice a day to remove plaque and stains between your teeth. You'll also keep your gums healthier and minimize aging recession. We like DenTek Comfort Clean Floss Picks ($3; at Walmart).

Whiten up.
As we get older, teeth darken on account of thinning enamel and the buildup of surface stains. Use an at-home bleaching kit every six months, such as Crest 3D White Supreme FlexFit Whitestrips ($65; at mass retailers).

Slick on some lippie.
Choose a blue-based pink or red lipstick to counteract any yellowness in your enamel, making your teeth appear whiter in seconds. A good one: Almay Smart Shade Butter Kiss in Red ($7; at mass retailers).

Lose those lines.
Your smile is about more than just your teeth! Dab a lip contour cream packed with peptides on and around the mouth to boost collagen and reduce lines. Try Murad Rapid Collagen Infusion for Lips ($24; ulta.com).

40% *Portion of age-related skin changes that can't be blamed on your genes.*
SOURCE: *Clinical, Cosmetic and Investigational Dermatology*



DARE TO WEAR THESE SPRING TRENDS

BY BRAD GORESKI

"First on the must-try list are crop tops. You *can* pull them off! The key is to show just a sliver of skin right below the ribs, above the belly button. And pair them with high-waisted pants and pencil skirts—nothing low-rise. Next, experiment with sheers. To sport the peekaboo look without revealing too much, pick pieces with see-through panels only, like a top with transparent sleeves or a skirt where the sheer hits below the knees. Another great trend: wide-leg trousers. Contrary to popular belief, you don't have to be tall and skinny or have slender hips to wear them. Just go for a relaxed fit with a leg that flares from the thighs out. And make sure tops are fitted, with a distinct waist, to keep you from looking shapeless."

Brad Goreski is a celebrity fashion stylist, Dr. Scholl's DreamWalk spokesperson and E! Fashion Police *panelist.*

AWESOME APP ALERT!



Want to shake up your makeup but unsure where to start? Choosing the right shades just got a whole lot easier, thanks to the Plum Perfect app (free; iTunes), which provides personalized, flattering makeup suggestions based on your coloring. How it works: Use the app to snap a well-lit, shadow-free selfie. In about 60 seconds, a list of eye, lip and face products from top brands like Urban Decay, Clarins and Laura Mercier will pop up, with suggestions for different looks (natural, office and glam). You can buy products directly from major retailers or save them to a wish list. Genius!

STILL PHOTOGRAPHY BY LISA SHIN

SMILE, PATRIC SHAW/TRUNK ARCHIVE; PHONE, SAM EDWARDS/GETTY IMAGES; HEAD SHOT COURTESY OF BRAD GORESKI


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GO TO
BED WITH
A SURE
THING...

IS OVEREATING CONTAGIOUS?

Don't beat yourself up for taking too big a helping of dessert: We're more susceptible to suggestion than we realize. British researchers had 80 women snack on cookies in a lab and found that those who were told previous participants had eaten upwards of eight cookies downed 57 percent more than those who thought others had consumed only two. "We often mimic eating behaviors based on clues around us," explains Torey Armul, RD. "Our notion of acceptable portions can be swayed by everything from plate size to photos." To ward off the distortion, focus on measuring things out. Limit a serving of sweets to the size of your palm.



SWAPS TO SHED POUNDS FAST

Need a weight-loss kick-start? No need for extremes: Simple moves can work just as quickly as big ones, says Harley Pasternak, celebrity trainer and author of the new book *5 Pounds*. "You can go to spin class every day, but no amount of exercise is going to work faster than small diet changes," Pasternak explains. "In fact, intense exercise may increase appetite." He recommends eating three meals and two snacks per day that have protein, fiber and healthy fats. Start with these swaps.



SKIP
FRESH-PRESSED JUICE
"It's all-natural, but the concentrated sugar and lack of fiber make it a treat rather than a go-to."



CHOOSE INSTEAD
A SMOOTHIE
"This gets you protein, fiber and healthy fat. Blend 6 ounces of Greek yogurt, half an apple, one banana and seven almonds."



SKIP
MASHED POTATOES
"They're all starch, and let's face it: You probably load them up with butter and salt, too."



CHOOSE INSTEAD
MASHED CAULIFLOWER
"Blend a cup of cauliflower with a pinch of Parmesan. It's far fewer calories, and the fiber will fill you up. Pair with roasted turkey."



SKIP
CHIPS AND GUACAMOLE
"You can make a healthier version by adding in edamame, but regular guac lacks a lot of protein."



CHOOSE INSTEAD
ALL-NATURAL BEEF JERKY AND AN ASIAN PEAR
"Make sure the jerky is preservative-free. The pear skin is all fiber, and the jerky is a good protein source."

{ONE WORD}

OATMEAL

Eating it for breakfast can leave you feeling fuller longer than if you ate cold cereal, research suggests.

SOURCE: *Nutrition Journal*



ASK THE NUTRITIONIST

BY CYNTHIA SASS, RD

Q: Can having a cheat day really help me stick with my diet?

A: Cheats here and there are helpful, but I recommend stopping short of a full day unless you're sure you can keep portions under control. If you're not careful, an entire day off may cancel out a week of results. It can also make you sluggish, leading to skipped workouts, or trigger rebound restriction, which can backfire by slowing metabolism.

Instead, develop a splurge strategy that allows you to mindfully add treats over a few meals, or plan one weekly cheat meal. Indulging smartly can help you stay on track; no one can skip pizza every time!

Cynthia Sass, RD, is Health's *contributing nutrition editor.*

PIE, TRAVIS RATHBONE/TRUNK ARCHIVE; JUICE, STEVE WISBAUER/GETTY IMAGES; SMOOTHIE, CARLOS GAWRONSKI/GETTY IMAGES; POTATOES, REDHELGA/GETTY IMAGES; CAULIFLOWER, DAVIES AND STARR/GETTY IMAGES; GUACAMOLE, CREATIVEYE99/GETTY IMAGES; JERKY, JUANMONINO/GETTY IMAGES; PEAR, BARRY WONG/GETTY IMAGES; HEAD SHOT COURTESY OF CYNTHIA SASS


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Looking steadily at a target makes the miles seem much less daunting.

THE REAL TRICK TO REACHING YOUR GOALS

The key to a better walk or run? Try identifying a target and zeroing in on it. In a new study, researchers had 73 adults walk 20 feet while wearing ankle weights. Some were told to fixate on a traffic cone that marked the finish, while others were allowed to look around naturally. Walkers who kept their peepers on the cone not only believed the finish line was closer but also strolled 23 percent faster than their counterparts. The thinking: "Focused attention might help reduce the number of obstacles you see between you and your goal, as well as make the end objective more vivid," explains study author Emily Balcetis, PhD, assistant professor of psychology at New York University.



I'M 52, BUT I FEEL 25. HERE'S HOW

BY MARGARET WEBB

"At 48, I was struggling with extra weight and had even started smoking again. With the big 5-0 looming, I decided to run a marathon. From the first training sessions, I began to feel younger. So I thought, 'How much more can I turn the clock back?' I resolved to qualify for the Boston Marathon, not with the four-hour time for my age group but the 3:35 time required of someone in the 18 to 34 age range. While I finished just shy of that, I'm proud to say I increased my VO2 max (a measure of how well your body uses oxygen) to that of a 25-year-old and achieved the bone density of a 30-year-old woman. The secret to my success? Partly it was setting such a terrifying goal, but it was also just finding the right tricks, like making running dates with friends to keep myself accountable. Now I've trained my brain to crave the youthfulness I get from exercise."

Margaret Webb is author of Older, Faster, Stronger: What Women Runners Can Teach Us All About Living Younger, Longer.

20

Performing this many minutes of resistance training (for example, leg extensions) could improve your long-term memory by as much as 10 percent.

SOURCE: *Acta Psychologica*

HOT MOVE

POWER UP YOUR ARMS LIKE NAOMI WATTS

Spring is around the corner, which means it's time to exercise your right to bare arms. Not quite ready to go sleeveless? Take a cue from *Insurgent* actress Naomi Watts, who is seriously sculpted from wrists to shoulders, and try the **Triceps Shredder Triangle Push-up.** "This move is so specific, hitting only the triceps, and results in great muscle tone in that area," says her trainer Simone De La Rue, creator of the Body by Simone method. Keep it up and you'll see a difference in 2 to 3 weeks.

Start by kneeling; press forefingers and thumbs together to make a triangle. Place hands facedown on mat with wrists under shoulders, then step feet back, coming into a plank (**A**). With core engaged, slowly lower body halfway down to the floor (**B**). Push back up to "A." Do 10 reps every other day, working up to 30.



RUNNING, TY ALLISON/GETTY IMAGES; WATTS, STEPHEN LOVEKIN/GETTY IMAGES; HEAD SHOT COURTESY OF MARGARET WEBB

ILLUSTRATION BY REMIE GEOFFROI


"We went across the U.S. three times in our first Prius. The new one's got a lot of adventure ahead of it."
The Russes, Prius owners
Prius
Let's lead the way.
toyota.com/prius
TOYOTA
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Update your anti-aging game with little-known tricks and picks from America's leading skin doctors.

By **ILANA BLITZER**



→ Apply balm before color to smooth lip lines.

WOMAN, FRAUKE FISCHER-IKEDA/BLAUBLUT-EDITION.COM



In Your 30s...

Bridgit Nolan, MD, age 32, dermatologist in Bay Harbor Islands, Fla.

"Like most women my age, I'm trying to undo damage from my earlier years as well as improve my skin going forward. It's about using sunscreen and antioxidants to fight free radicals and prevent UV damage, while also focusing on moisturizing and brightening the skin so it's optimized to be radiant. Ultimately, healthy skin is beautiful skin."



THE SIMPLE KEY TO A GREAT COMPLEXION

"Having a regimen you follow consistently is important. Be patient—that's how you see results."

HER FAVORITE ANTI-AGER

"Cream-based retinoids are more moisturizing than gels and easier for skin to tolerate. My personal preference is tretinoin, which seems to be the least irritating. I call it my youth serum. It's so great for promoting skin rejuvenation and improving the appearance of fine lines. As long as you're not pregnant or trying to get pregnant, I believe in using one of these."

SCAN TO SHOP!
SCAN THE ELTA SUNSCREEN TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 8).

doctor's orders

"Take time to cleanse at night and remove the residue and impurities of the day. You need to give skin a chance to breathe!"

HER SKIN-CARE STASH

> (**1**) Elure Advanced Face Wash, $30; lovely skin.com. "This wash is gentle, and I love how it contributes to a brighter complexion. I alternate it with a 10 percent glycolic exfoliating cleanser from our practice."

> (**2**) EltaMD UV Clear Broad Spectrum SPF 46, $30; eltamd.com. "It has physical UV blockers, antioxidants to prevent aging and ingredients that help with acne and redness. I use it every morning. It's very light with a benign scent, and makeup goes on evenly over it."

> (**3**) Revision Skincare Teamine Eye Complex, $70; revisionskincare.com. "This eye cream is designed to help with dark circles, smooth fine lines and wrinkles, brighten and firm—so basically to do everything. And it works!"

> (**4**) SkinMedica Lytera Skin Brightening Complex, $125; skinmedica.com. "When I first started using it, I'd go to the hair salon and everyone would say, 'You're glowing. What are you using?' It takes several weeks for it to fade spots, but as for that day-to-day glow, you see it immediately."

> (**5**) Neutrogena Ultra Sheer Body Mist Sunscreen SPF 45, $11; at mass retailers. "I apply it before I leave the house, giving it 20 minutes to sink in if possible. I spritz my neck, chest, feet and the backs of my hands—whatever is exposed."

> (**6**) Aveeno Positively Radiant Tinted Moisturizer Broad Spectrum SPF 30, $17; at mass retailers. "I use the fair-to-light one in place of foundation most days. It reflects light really nicely off my skin and also has SPF with UVA and UVB coverage, which is a good boost on top of the sunscreen I wear underneath."

HEAD SHOT COURTESY OF BRIDGIT NOLAN

STILL PHOTOGRAPHY BY LISA SHIN

Looking for a different route to migraine relief?



IT'S IN THE DELIVERY

Coming soon:
a non-pill treatment for migraine
with or without aura in adults

Your route to more information is zecuity.com



zecuity®
(sumatriptan iontophoretic transdermal system)
6.5 mg / 4 hours

ZECUITY is a prescription medicine used for the acute treatment of migraine headaches with or without aura in adults. ZECUITY is used for people who have been told by a healthcare provider that they have migraine headaches. ZECUITY is not used to prevent or decrease the number of migraine headaches you have.

IMPORTANT SAFETY INFORMATION

ZECUITY can cause serious side effects, including heart attack and other heart problems, which may lead to death. Stop using ZECUITY and get emergency medical help right away if you have symptoms of a heart attack. ZECUITY is not for people with risk factors for heart disease unless a heart exam is done and shows no problem.

Do not use ZECUITY if you have:

- heart problems or a history of heart problems; had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation; narrowing of blood vessels to your legs, arms, stomach, or kidney
- uncontrolled high blood pressure
- hemiplegic migraines or basilar migraines; taken any triptan, ergot, or ergot-type medicines in the last 24 hours. Ask your doctor if you are not sure.
- severe liver problems; or an allergy to sumatriptan, the medicine in ZECUITY, or any of the components in ZECUITY.

ZECUITY may cause other serious side effects including:

- injury during a Magnetic Resonance Imaging (MRI). ZECUITY contains metal parts and must be removed before an MRI.
- allergic contact dermatitis—a serious skin reaction where ZECUITY is applied.
- changes in color or sensation in your fingers and toes
- stomach and intestinal problems
- problems with blood circulation to your legs and feet
- medication overuse headaches
- serotonin syndrome—a rare but serious problem that can happen in people using ZECUITY, especially when used with anti-depressant medicines called SSRIs or SNRIs.
- increases in blood pressure
- serious allergic reactions. Get medical help right away if you have any of these symptoms: swelling of your face, lips, mouth, or tongue; trouble breathing; wheezing; severe itching; skin rash, redness, or swelling; dizziness or fainting; fast heartbeat or pounding in your chest; or sweating.
- seizures.

The most common side effects of ZECUITY include pain, tingling, itching, warmth, discomfort or a change in the skin color at the application site of ZECUITY.

Only you and your doctor can decide if ZECUITY is right for you.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Important Information for ZECUITY on reverse side.

TEVA CNS

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IMPORTANT INFORMATION FOR

ZECUITY® (zeh-CUE-eh-tee)
(sumatriptan iontophoretic transdermal system)
for topical use

Read the Patient Information and Instructions for Use that come with ZECUITY before you start using it and each time you get a refill. There may be new information. This summary does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is the most important information I should know about ZECUITY?

ZECUITY can cause serious side effects, including:
Heart attack and other heart problems. Heart problems may lead to death.

Stop using ZECUITY and get emergency medical help right away if you have any of the following symptoms of a heart attack:

- discomfort in the center of your chest that lasts for more than a few minutes, or that goes away and comes back
- chest pain or chest discomfort that feels like an uncomfortable heavy pressure, squeezing, fullness, or pain
- pain or discomfort in your arms, back, neck, jaw, or stomach
- shortness of breath with or without chest discomfort
- breaking out in a cold sweat
- nausea or vomiting
- feeling lightheaded

ZECUITY is not for people with risk factors for heart disease unless a heart exam is done and shows no problem. You have a higher risk for heart disease if you:

- have high blood pressure
- have high cholesterol levels
- smoke
- are overweight
- have diabetes
- have a family history of heart disease
- are a female who has gone through menopause
- are a male over age 40

What is ZECUITY?

ZECUITY is a prescription medicine used for the acute treatment of migraine headaches with or without aura in adults. ZECUITY comes in an iontophoretic transdermal system (TDS) that uses a mild electrical current to deliver the medicine sumatriptan through your skin.

ZECUITY is used for people who have been told by a healthcare provider that they have migraine headaches.

ZECUITY is not used to prevent or decrease the number of migraine headaches you have.

It is not known if ZECUITY is safe and effective in children under 18 years of age.

Who should not use ZECUITY?

Do not use ZECUITY if you have:

- heart problems or a history of heart problems
- had a stroke, transient ischemic attacks (TIAs), or problems with your blood circulation
- narrowing of blood vessels to your legs, arms, stomach, or kidney (peripheral vascular disease)
- uncontrolled high blood pressure
- hemiplegic migraines or basilar migraines. If you are not sure if you have these types of migraines, ask your healthcare provider
- taken any of the following medicines in the last 24 hours:
 - almotriptan (AXERT®)
 - eletriptan (RELPAX®)
 - frovatriptan (FROVA®)
 - naratriptan (AMERGE®)
 - rizatriptan (MAXALT®, MAXALT-MLT®)
 - sumatriptan and naproxen (TREXIMET®)
 - ergotamines (CAFERGOT®, ERGOMAR®, MIGERGOT®)
 - dihydroergotamine (D.H.E. 45®, MIGRANAL®)

 Ask your healthcare provider if you are not sure if your medicine is listed above.
- severe liver problems
- an allergy to sumatriptan, the medicine in ZECUITY, or any of the components in ZECUITY TDS.

What should I tell my healthcare provider before using ZECUITY?

Before you use ZECUITY, tell your healthcare provider about all of your medical conditions, including if you:

- have high blood pressure
- have high cholesterol
- have diabetes
- smoke
- are overweight
- are a female who has gone through menopause
- have heart problems or family history of heart problems or stroke
- have liver problems
- have had epilepsy or seizures
- are not using effective birth control
- have or have had any side effects caused by the use of electrical devices. Talk to your healthcare provider if you are not sure
- are pregnant or plan to become pregnant
- are breastfeeding or plan to breastfeed

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.

Using ZECUITY with certain other medicines can affect each other, causing serious side effects.

Especially tell your healthcare provider if you take anti-depressant medicines called:

- selective serotonin reuptake inhibitors (SSRIs)
- serotonin norepinephrine reuptake inhibitors (SNRIs)
- tricyclic antidepressants (TCAs)
- monoamine oxidase inhibitors (MAOIs)

Ask your healthcare provider or pharmacist for a list of these medicines if you are not sure. Know the medicines you take. Keep a list of them to show your healthcare provider or pharmacist when you get a new medicine.

What should I avoid while using ZECUITY?

- Do not bathe, shower, or swim while wearing ZECUITY.
- ZECUITY can cause dizziness, weakness, or drowsiness. If you have these symptoms, do not drive a car, use machinery, or do anything where you need to be alert.
- You should remove ZECUITY before you have a Magnetic Resonance Imaging (MRI) procedure.

What are the possible side effects of ZECUITY?

See "What is the most important information I should know about ZECUITY?"

ZECUITY may cause serious side effects including:

- **injury during a Magnetic Resonance Imaging (MRI).** The ZECUITY TDS contains metal parts and must be removed before an MRI.
- **allergic contact dermatitis (ACD).** Some people have had a serious skin reaction called allergic contact dermatitis (ACD) where ZECUITY is applied. Symptoms of ACD include:
 - itching, redness, or irritation of skin
 - blistering or peeling of your skin
 - warmth or tenderness of skin
 - blisters that ooze, drain, or crust over

 You should stop using ZECUITY and call your healthcare provider if you have any of the symptoms of ACD. If you have or have had ACD while using ZECUITY and need to take sumatriptan by mouth or injection, your first dose of sumatriptan should be given in your healthcare provider's office or in another medical setting.
- **changes in color or sensation in your fingers and toes (Raynaud's syndrome)**
- **stomach and intestinal problems (gastrointestinal and colonic ischemic events).** Symptoms of gastrointestinal and colonic ischemic events include:
 - sudden or severe stomach pain
 - stomach pain after meals
 - weight loss
 - nausea or vomiting
 - constipation or diarrhea
 - bloody diarrhea
 - fever
- **problems with blood circulation to your legs and feet (peripheral vascular ischemia).** Symptoms of peripheral vascular ischemia include:
 - cramping and pain in your legs or hips
 - feeling of heaviness or tightness in your leg muscles
 - burning or aching pain in your feet or toes while resting
 - numbness, tingling, or weakness in your legs
 - cold feeling or color changes in 1 or both legs or feet
- **medication overuse headaches.** Some people who use too many ZECUITY may have worse headaches (medication overuse headache). If your headaches get worse, your healthcare provider may decide to stop your treatment with sumatriptan.
- **serotonin syndrome.** Serotonin syndrome is a rare but serious problem that can happen in people using ZECUITY, especially if ZECUITY is used with antidepressant medicines called SSRIs or SNRIs.
 Ask your healthcare provider or pharmacist for a list of these medicines if you are not sure.
 Call your healthcare provider right away if you have any of the following symptoms of serotonin syndrome:
 - mental changes such as seeing things that are not there (hallucinations), agitation, or coma
 - fast heartbeat
 - changes in blood pressure
 - high body temperature
 - tight muscles
 - trouble walking
 - nausea, vomiting, or diarrhea
- **increases in blood pressure.** You should not use ZECUITY if you have uncontrolled high blood pressure.
- **serious allergic reactions.** Get medical help right away if you have any of these symptoms of a serious allergic reaction:
 - swelling of your face, lips, mouth, or tongue
 - trouble breathing
 - wheezing
 - severe itching
 - skin rash, redness, or swelling
 - dizziness or fainting
 - fast heartbeat or pounding in your chest (tachycardia)
 - sweating
- **seizures.** Seizures have happened in people taking sumatriptan who have never had seizures before. Talk with your healthcare provider about your chance of having seizures while you take ZECUITY.

The most common side effects of ZECUITY include pain, tingling, itching, warmth, discomfort or a change in the skin color at the application site of ZECUITY.

Most people have some skin redness after removal of ZECUITY. This redness will usually go away in 24 hours.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of ZECUITY. For more information, ask your healthcare provider or pharmacist.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

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ZEC-40062 September 2014



In Your 40s...

Jessica Wu, MD, age 46, dermatologist in Los Angeles and author of Feed Your Face

"I used to spend more time and money on makeup than skin care. I'd cover up my blemishes—when I wasn't trying to scrub them off!—and cake on concealer. Now I wear less makeup and spend more time on my skin. I've learned it's not just about your face but your whole body and lifestyle choices."

HER SKIN-CARE STASH

> (**7**) Burt's Bees Natural Acne Solutions Targeted Spot Treatment, $10; burtsbees.com. "This has willow-bark extract, a natural source of salicylic acid that's as effective as the stronger stuff."

> (**8**) Eclos Daily Facial Cleansing Oil, $11; at mass retailers. "I used to have bad hormonal acne, so I avoided oils like the plague—until I tried this. My skin has never felt cleaner or softer."

> (**9**) L'Occitane Shea Butter Hand Cream, $12 for 1 oz.; usa.loccitane.com. "Some of my patients have allergies, so I need a fragrance-free hand cream. This one has no odor and isn't greasy."

> (**10**) Kiehl's Lip Balm #1, $7; kiehls.com. "It really conditions, and lip color goes on smoothly."

> (**11**) MDSolarSciences Mineral Tinted Crème Broad Spectrum SPF 30, $32; sephora.com. "What I wear when I go paddleboarding. It has a bit of a tint and is very water-resistant."

> (**12**) RoC Retinol Correxion Deep Wrinkle Night Cream, $23; at mass retailers. "I alternate it with prescription-strength Renova. Retinoids build collagen and elastin; they're crucial for anti-aging."

SCAN TO SHOP!
SCAN THE KIEHL'S LIP BALM TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 8).





In Your 50s...

Doris Day, MD, age 52, dermatologist in New York City and author of Forget the Facelift

"I feel more beautiful in my 50s than I did in my 30s because I'm happier and more fulfilled. For me, it clicked at 50. I call it Part 2. I know who I am and feel confident in my skin. You stop stressing about the little things the way you used to and just accept yourself."

HER SKIN-CARE STASH

> (**13**) Garnier Clean + Refreshing Remover Cleansing Towelettes, $6; at mass retailers. "At night I use a makeup remover towelette to pre-clean, then I wash my face. I like to get the first layer of gunk off before exfoliating with a cleansing brush."

> (**14**) NIA 24 Intensive Recovery Complex, $118; nia24.com. "It's so moisturizing, it has become my go-to cream when I need extra hydration."

> (**15**) Clarisonic Smart Profile Sonic Cleansing Brush, $265; clarisonic.com. "It whisks away dull skin, so you get this immediate glow. I use the sensitive brush head on my face and a stronger one on my body. I also use the extension so I can reach my back in the shower—love that!"

> (**16**) SkinCeuticals C E Ferulic, $157; skinceuticals.com. "The powerful mix of vitamins C and E and ferulic acid in this serum just helps everything else do its job better."

> (**17**) Olay ProX Eye Restoration Complex, $30; at mass retailers. "I always come back to this eye cream because it's got proven ingredients like niacinamide, which is so effective on fine lines."

> (**18**) ColoreScience Sunforgettable Mineral Sunscreen Brush SPF 30, $52; colorescience.com. "It's my sunscreen touch-up because it goes over makeup so nicely. And I put it on my chest, the backs of my hands, even my husband's neck!" ■



HEAD SHOTS COURTESY OF JESSICA WU AND DORIS DAY



Juicy peach
Tarte Limited Edition Amazonian Butter Lipstick in Ethereal Pink, $16; tartecosmetics.com.

Creamy caramel
Nars Lipstick in Liguria, $26; narscosmetics.com.

Healthy flush
Artistry Signature Color Lipstick in Ballet Pink, $25; amway.com.

Glossy berry
Rimmel London Moisture Renew Lipstick in Berry Rose, $7; at mass retailers.

The Best Lip Colors for Spring

From Zen nudes to playful pinks, these trending shades will be love at first swipe.

By **HOLLY DAWSEY**

Pink lite
Marc Jacobs Beauty Nude Sheer Lip Gel in Have We Met Yet?, $30; marcjacobsbeauty.com.

Cool rose
Elizabeth Arden Beautiful Color Moisturizing Lipstick in Matte Rose Petal, $25; elizabeth arden.com.

Mellow mauve
Milani Color Statement Moisture Matte Lipstick in Matte Blissful, $5; at CVS.

"A soft lip is a refreshing change for spring, when bright fuchsias seem too heavy," says Brian Duprey, a celebrity makeup artist in New York City. Happily, these rosy nudes and berries flatter all skin tones—and ages. Go sheer for a natural daytime look and matte for nighttime impact.

SCAN TO SHOP!
SCAN THE MARC JACOBS BEAUTY LIP GEL TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 8).

PHOTOGRAPHY BY LISA SHIN

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Glam, Delivered!

Are subscription-box services as much of a beauty blessing as they're cracked up to be? *Health* editors weigh in on which ones are really worth it.

By **LESLIE BARRIE**



Box 4 All!

Whether your tastes are posh or crunchy, there's a subscription service for you.

BOX #1

GlossyBox

▶ $21 per month; monthly subscription required; glossybox.com

PERFECT FOR: Lovers of luxe

HOW IT WORKS: Fill out a beauty profile, answering questions like "Which makeup style do you prefer: natural, nude, sultry, glamorous, dramatic?" and "What's your favorite type of makeup product?" You'll get a box of five or six sample-size items each month—from brands like Burberry Beauty, Tom Ford and SpaRitual—that match your preferences, as well as other products meant to surprise you. Also neat: You can see all the items in your box on the GlossyBox website before it arrives.

TESTER'S PRO: "The limited-edition boxes you buy separately are my favorite part. They're often even more upscale than the basic box, and I love that you can send one to friends without having to sign them up for a subscription."

TESTER'S CON: "It's on the expensive side—I do see the point of subscribing if you want to try out a lot of high-end stuff, but I'd generally rather buy something really nice that's full-size than throw down $21 every month for mostly samples."

PHOTOGRAPHY BY LISA SHIN



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BOX #2

RocksBox

▶ $19 per month; monthly subscription required; rocksbox.com

PERFECT FOR: Accessory addicts

HOW IT WORKS: Take a survey about your bling style—do you gravitate toward sleek bangles or big statement necklaces? Then the service will send you a box of three designer pieces (worth about $200). You can sport them for as long as you'd like, or mail 'em back for another box. And if you click with a piece—or the whole box—you can buy whatever you want for 20 percent off.

TESTER'S PRO: "I got to test-drive some really nice jewelry I otherwise wouldn't have splurged on—I wore one bangle to a black tie wedding and received tons of compliments."

TESTER'S CON: "This could really add up. I got attached to a pretty pair of House of Harlow 1960 earrings I now have to have; I can see myself getting obsessed with expensive pieces."

BOX #3

Birchbox

▶ $10 per month; monthly subscription required; birchbox.com

PERFECT FOR: Beauty dabblers

HOW IT WORKS: The original beauty subscription-box service, Birchbox sends five beauty products (our tester got goods like a Stila lip gloss and Dr. Jart hand cream) tailored to your profile. The teched-out site also has how-tos for what you receive, so stuff won't go to waste.

TESTER'S PRO: "Getting the box felt like a treat. The gloss was exactly what my lips needed for the winter months—I just didn't know it at the time."

TESTER'S CON: "The first 'welcome' box wasn't totally geared to my preferences—though once I filled out the profile, the items did get more personalized."



BOX #4

Goodebox

▶ $19 for pay-as-you-go or $16 per box for a yearly subscription; goodebox.com

PERFECT FOR: Fans of all things eco

HOW IT WORKS: As with the other beauty services, you take a survey about your skin and makeup routines. Then Goodebox mails you a box of clean, health-conscious beauty products. Just know that they won't be some of the bigger brands you're used to. For example, our tester got Au Naturale Cosmetics Organic Eye Shadow Stick, which is gluten-free, paraben-free and vegan.

TESTER'S PRO: "I like that in my box there was one non-beauty product—an adorable notepad by the brand Ecojot that I plan to keep in my purse."

TESTER'S CON: "It was a little too granola for my taste—even though the products are made with great intentions, they didn't all do the job."

BOX #5

Stitch Fix

▶ $20 per box; no monthly subscription required; stitchfix.com

PERFECT FOR: No-time-to-shop types

HOW IT WORKS: It's like hiring a stylist for a fraction of the cost (and the per-box fee goes toward purchases). Highlight your style preferences on the site and you'll receive a box of five items, with a card of ideas for what to pair the threads with. Choose what you want (get 25 percent off if you buy it all), then mail back the rest.

TESTER'S PRO: "Even though I didn't buy anything, I did get a cute vest I never would have thought to pick out."

TESTER'S CON: "It's important to take the time to tell the stylist what you like—or you're just eating the styling fee."

BOX #6

Ipsy

▶ $10 per month; ipsy.com

PERFECT FOR: Total trendsetters

HOW IT WORKS: Started by beauty YouTube star Michelle Phan, Ipsy sends a little cosmetics bag that you can keep—bonus!—filled with four to five great products from brands like Smashbox and Josie Maran. The service also focuses on creating a community, so you can connect with and follow other beauty fans on the site, comment on their profiles and even earn "ipsyPoints" by completing product reviews or other tasks. Members can redeem the points for free samples and full-size products.

TESTER'S PRO: "I'm an organizing nerd and wind up separating my stuff into little bags anyway, so I like that the products come in a small pouch you get to keep."

TESTER'S CON: "Every month, there's a trend-based theme, such as Girl Meets Glitter. If you're not into it one month, you could be receiving products that you'll never really use." ■


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Red Carpet Beauty Tips (for Real Life)

Hollywood stylists and makeup artists reveal how they get A-listers beautiful for awards season.

By **MELANIE RUD CHADWICK**



Dust highlighter all over your arms and collarbones for sexy sheen, à la Jessica Chastain.



SCAN TO SHOP! SCAN THIS PHOTO TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 8).



2 1

Paparazzi-Ready Skin

BE SO SMOOTH

To glow like Gugu Mbatha-Raw (left), go for an exfoliator that has both physical exfoliants (like microbeads) and chemical ones (like fruit enzymes), says New York City celebrity facialist Joanna Vargas. Massage over your T-zone—aka oil central—and let sit on the rest of your face like a mask for 15 minutes.

BUST A BLEMISH

Celebs get cortisone shots to zap pimples, but this DIY remedy works wonders in a pinch: "Mix one part apple cider vinegar with two parts water and apply to the blemish," says New York City and Miami dermatologist Fredric Brandt, MD. "The vinegar lowers skin's pH balance, wiping out bacteria, and contains exfoliating acids."

TAKE OFF 10 YEARS

Celeb aestheticians recommend using a product with hyaluronic acid (**1**) for at least three days before a big event; it has hydrating superpowers, so skin instantly appears less lined, fresher and all-around younger.

DEPUFF, PRONTO

When clients of Los Angeles skin pro Kate Somerville don't get enough sleep, she advises using an eye cream with caffeine (**2**), which constricts blood vessels to reduce undereye bags. Her cool application technique: Use two chilled spoons to massage in the cream, moving from the inner corners toward temples. "The cold metal speeds up the depuffing process," she says.

BANISH BLOTCHES

One accessory that doesn't pair so well with a designer gown: red splotches. Vargas tells her clients (who include Julianne Moore and Naomi Watts) to take a chamomile bath the night before a red carpet appearance to soothe skin. Toss a few tea bags into a warm bath and soak away.

Our faves: (**1**) Kate Somerville DermalQuench Liquid Lift Advanced Wrinkle Treatment, $95; katesomerville.com. (**2**) Clarins Total Eye Concentrate, $83; clarinsusa.com.

CHASTAIN, LEON NEAL/AFP/GETTY IMAGES; MBATHA-RAW, JON KOPALOFF/FILMMAGIC; MOORE, MARK SAGLIOCCO/FILMMAGIC

STILL PHOTOGRAPHY BY LISA SHIN





Our faves: (**3**) Tatcha Luminous Dewy Skin Mist, $48; tatcha.com. (**4**) MAC Cosmetics Technakohl Liner in Risqué, $16; maccosmetics.com. (**5**) Real Techniques Bold Metals Collection Angled Liner Brush, $16; ulta.com. (**6**) Revlon ColorStay Moisture Stain, $10; at mass retailers. (**7**) Sephora Collection Herbal Rose Blotting Papers, $8; sephora.com.

Buzzworthy Makeup

COVER YOUR BASES
For "smooth coverage that mimics flawless skin," New York City celebrity makeup artist Nick Barose dabs concealer over blemishes with a damp makeup sponge.

COUNTERACT CAKINESS
Whether from a pro lens or an iPhone, camera flashes amp up shine. Before reaching for powder, New York City makeup artist Kristofer Buckle uses blotting papers (**7**): "The less moist your makeup, the less powder will settle into creases."

GLOW UP
"Today's starlets want to look supple, not sparkly," says New York City celeb makeup artist Troy Surratt. (See Keira Knightley, above.) Instead of OD'ing on luminizer, he mists a hydrating skin spray (**3**) over foundation to reflect light.

FAKE BEAUTY SLEEP
When a star hops off a red-eye onto the red carpet, Buckle puts beige liner (**4**) along the rim of lower lashes to counteract redness and shadows.

MAX OUT YOUR LASHES
Los Angeles makeup artist Amy Oresman applies mascara, then runs a liner brush (**5**) over the wand and paints the tops of lashes. "They're coated from every angle for a dramatic effect," she says.

KISSPROOF YOUR LIPSTICK
"Once my clients hit the red carpet, I don't see them for touch-ups, so indelible color is a must," Surratt says. He puts a matching stain (**6**) under lipstick in case it fades.

Stylist-on-Call Hair

MAKE LASTING WAVES
For the tousled waves she creates on clients like Amanda Seyfried and Dianna Agron, Los Angeles stylist Jenny Cho does two things: "First I use a texturizer [**8**] to give the hair some movement, then I spritz on dry shampoo for volume."

SHINE ON
If you don't have time for a dye job, temporarily revive both your color and luster with an at-home clear gloss. Apply on dry hair for ultimate sheen, says Kari Hill, a celebrity colorist for L'Oréal Paris. Leave on for 20 minutes, then shampoo and condition.

SPRAY THIS WAY
To give a style hold without sacrificing volume, "spritz hairspray [**9**] onto fingertips and massage into roots," says New York City stylist Rodney Cutler, whose clients include Jaime King and Jordin Sparks.

GET CURL POWER
If you need to rejuvenate spirals while you're out, try Cho's trick: Wrap any wilting strands around your index finger and hold under a bathroom hand dryer for about 10 seconds. "The heat reactivates the curl and helps it spring back to life," she says. ■



Our faves: (**8**) Suave Professionals Sea Mineral Infusion Texturizing Sea Salt Spray, $5; at mass retailers. (**9**) Kérastase Fix Fabulous Extra Strong Hold Hairspray, $36; kerastase-usa.com.



Reese Witherspoon's deep side part adds a touch of Old Hollywood glamour.

SNACK YOUR WAY FABULOUS

Certified nutritionist Kimberly Snyder shares the tips she gives Drew Barrymore and Kerry Washington.

QUIT YOUR SODA HABIT
▶ Sugary colas have the unfortunate effect of increasing the body's glycemic level, which can trigger acne.

LAY OFF SALT, TOO
▶ Eat too much and the water retention can make you look 10 pounds heavier. Flush out excess sodium with cranberry.

MUNCH ON PINEAPPLE
▶ It's loaded with bromelain, an enzyme that fights inflammation, as well as collagen-boosting vitamin C.

DOWN AVOCADO
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KNIGHTLEY AND WITHERSPOON, JIM SPELLMAN/WIREIMAGE

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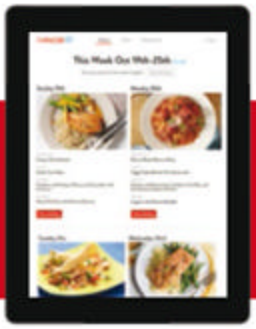


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Taste Your Way Slim

Need to take off pounds? The solution is on the tip of your tongue: your taste buds!

By **AMANDA MACMILLAN**

WOMAN, CHRISTOPHER GRIFFITH/TRUNK ARCHIVE

IT'S NO BIG SECRET THAT people have different taste preferences. Some of us gleefully devour arugula salads for lunch, while others won't touch greens unless they're baked and smothered in cheese (and sometimes not even then). Some people gulp down pumpkin spice lattes; others go into sugar shock after just one sip.

"When it comes to taste, each one of us is hardwired differently," says Valerie Duffy, RD, professor of nutritional science at the University of Connecticut. And emerging research is showing that our flavor preferences may affect our waistlines and health in surprising ways. Check out the fascinating scoop on exactly what's going on inside your mouth and how to tap your taste buds to dump unwanted pounds.



Savor fruit and you'll reach for it more often.

YOU ARE WHAT YOU...TASTE

Did you know that there are three types of tasters: supertasters, nontasters and people who fall somewhere in between? Finicky types, with their hypersensitive taste buds, tend to belong to the first group. If you're a supertaster, you find the flavors in foods really intense. Desserts taste too sweet, bitter foods are too bitter and spicy foods—well, you get the picture. That's why you're less likely to inhale a plate of brownies, and you probably don't make the best drinking buddy (the ethanol in alcohol—yech).

Yet vegetables may pose a challenge for supertasters, who can be particularly sensitive to the bitter compounds in dark, leafy greens. One study co-authored by Duffy showed that they ate almost one fewer serving a day than their peers. As Duffy notes, "Supertasters will probably need to minimize the bitterness in Brussels sprouts, say, to develop a taste for them." The one thing these picky eaters typically can't get enough of: salty foods, which may trigger overeating.

Research finds that roughly 25 percent of Americans are supertasters. About 25 percent are nontasters, and the rest of us fall in the middle. Why are you turned off by curry takeout while your dinner companion can't get enough of it? Unclear, but it may be in your genes (for example, a specific variant of the gene TAS2R38 can make bitter compounds overwhelming to supertasters), says Linda Bartoshuk, PhD, Bushnell Professor of Food Science and Human Nutrition at the University of Florida. What many supertasters seem to have in common is a high number of taste papillae, the tiny bumps on the tongue where taste buds live.

Nontasters, on the other hand, simply perceive flavors and textures less intensely. On the plus

THE TRICK TO ACTUALLY LONGING FOR PRODUCE

Eat vegetables whenever you're hungry, advises Susan Roberts, PhD, professor of nutrition at Tufts University. Why it works: Your brain will begin to associate satiety with good-for-you bites.

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side, they find leafy greens sweet rather than bitter, so they're more apt to polish them off. But they tend to be relatively insensitive to fat and creamy textures, which may make them overindulge. Not surprisingly, some research suggests that nontasters are at greater risk of excessive weight gain and cardiovascular disease than the rest of the population. Since they have duller taste sensations, they may need to eat more food to feel satisfied.

HOW EXTRA WEIGHT MESSES WITH FOOD SATISFACTION

While taste clearly affects your waistline, the opposite also seems to be true: Extra weight may dim sensitivity to flavors. One possible reason is that those additional pounds influence hormone levels throughout the body, which changes the way taste receptors relay information to the brain. A Stanford University study found that a group of obese preoperative bariatric surgery patients had less taste sensitivity than a control group of normal-weight individuals.

Although shedding weight can help restore some lost taste sensation, it might not bring it back completely. "Taste is like any other system and may become dulled with overuse," explains John Morton, MD, lead author of the Stanford study. "What we really need is to appreciate our food more."

TRICK YOUR APPETITE!

As anyone who has ever stuffed herself at dinner but still had room for dessert knows, the stomach works in mysterious ways. This tendency to feel too full for one thing on your plate but not another impacts all kinds of tasters, says Barbara Rolls, PhD, professor of nutritional sciences at Pennsylvania State University and author of *The Ultimate Volumetrics Diet*. "It's called sensory-specific satiety," she explains, "and it happens when you eat one type of food to the point where you don't want any more, yet you can still be hungry for foods with other flavors, textures and smells."

Sensory-specific satiety can actually be a valuable weight-management tool. In fact, it's the basis behind one-note eating plans (like the grapefruit diet), which take the idea to the extreme. "People who limit their diets while trying to lose weight are more successful," says Kristen Kizer, RD, a dietitian at Houston Methodist Hospital in Texas. "Our human tendency is to sample as much as possible, so if you have a whole buffet of options, you're more likely to overeat."

Of course, restricting yourself to a single food is unhealthy, not to mention boring. So try these ways to rejigger your taste buds.

▶ **CUT BACK ON PROCESSED FOODS.** They often contain hidden additives, like salt in breakfast cereal

(continued on page 56)

Make Over Your Food Longings

If You're a Supertaster...

Taste profile: You don't overdo sweets (that's good), but you loathe bitter greens (not ideal).

Rotate your veggies.
▶ People who've had bad experiences with kale or broccoli tend to generalize their opinions about vegetables and eat less of them, says Valerie Duffy, RD. Stock up on ones with milder, sweeter flavors, like sweet potatoes, carrots and beets.

Turn on the oven.
▶ Roast vegetables like Brussels sprouts and asparagus and sauté greens like kale and broccoli rabe to bring out their natural sweetness. "You might even want to add a pinch of sugar to your cooking water," Duffy says. "For supertasters, prep is important."

Try a flavor reboot.
▶ Garlic, soy sauce and citrus can mask the bitter taste of some veggies; so can a bit of grated Parmesan sprinkled on top.

If You're a Nontaster...

Taste profile: Everything tastes a bit bland, so you want more of it. The good news? You're fine with veggies.

Take a break after a few bites.
▶ Research shows that our brains get the most pleasure out of the first few nibbles of food, per a study in *Psychological Science*. "After that, you have diminishing returns," says Kristen Kizer, RD. "You're not going to enjoy it as much, so why waste the calories?"

Liven up the same old meals.
▶ Adding spices, herbs and an acid like lemon juice or vinegar to your cooking helps you savor each bite more, so you'll be less likely to go back for seconds.

Wean yourself off fats and sweets.
▶ "I would never suggest going from whole milk to skim milk all at once—it's too drastic of a change," Kizer says. Instead, switch to 2 percent for a few gallons, then to 1 percent and eventually to nonfat. The same goes for sugary foods. Instead of sugary yogurt, buy it unsweetened and stir in some honey—less and less each day.

Be bitter.
▶ Tart tastes can have an appetite-dampening effect even if you don't have supertaster genes, says David Katz, MD. Try downing something bitter, like a square of unsweetened chocolate, at the end of a meal to curb your desire to overdo it on dessert.



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(continued from page 52)

or sugar in some tomato sauces and salad dressings, says David Katz, MD, founding director of the Yale University Prevention Research Center. You may not consciously notice these flavors, but your individual taste receptors do—and they keep you craving more and more, Dr. Katz explains. Read labels on prepared foods, and cook from scratch when you can.

▶ **HAVE ONE CHEAT FOOD.** Instead of keeping five types of treats in your house, choose one you really enjoy and stock up on just that. You'll be less tempted to go overboard.

▶ **EAT THE SAME SHADE,** at least when it comes to splurge foods. Research shows that people may chow down more when offered candies in a combo of colors instead of ones that are all one hue. (At last—a reason to munch only on green M&M's.)

▶ **COOK WITH A DOMINANT FLAVOR.** Rather than making a dinner that has a variety of notes, Dr. Katz advises, stick to a one-pot meal with one herb, spice or prevailing taste (like a Greek lamb shank and polenta dish accented with oregano). "You'll want to stop eating earlier than if you were jumping back and forth among three or four side dishes that taste very different." Bottom line: When you eat too much of one flavor profile, you grow tired of it.

▶ **BE PRESENT.** "It's more difficult to feel full when you're not focused on your food," Rolls says. Tap your senses to savor your meals. That could mean lingering in the kitchen while dinner simmers on the stove or giving your lemon rosemary chicken a big whiff before you dig in. And during mealtime, Rolls adds, "eliminate television and email so that you can concentrate on smelling, tasting and chewing. Enjoy the experience!" Take pleasure in your food and you'll just know when to stop. ■

What Kind of Taster Are You?

Find out by answering yes or no to each of the following.

YES	NO	
☐	☐	Do you like spicy foods?
☐	☐	Do you like green vegetables such as broccoli, spinach and collard greens?
☐	☐	Do you like fried chicken?
☐	☐	Do you like grapefruit?
☐	☐	Do you like really sweet desserts?
☐	☐	Do you prefer creamy salad dressings over oil-based vinaigrettes?
☐	☐	Do you drink your coffee black?
☐	☐	Do you like beer?
☐	☐	Do you like scotch or vodka?

The more "no" responses you have, the more likely it is you're a supertaster. A higher number of "yes" answers means you're closer to a nontaster. If you're about half and half, you're similar to the majority of Americans—you fall somewhere in the middle.

5 Surprising Things That Affect Taste

YOUR AGE
▶ Sense of taste is strongest for women during childbearing years and becomes even more heightened during pregnancy, thanks to a hormonal surge. After menopause, your ability to taste bitterness sometimes drops off.

YOUR STRESS
▶ In both genders, sugar cravings seem to be most intense when anxiety is high. Recent research from Monell Chemical Senses Center in Philadelphia has suggested that stress-activated hormones, called glucocorticoids, may affect how our taste cells react to sugar.

YOUR SNIFFLES
▶ "A huge part of what we 'taste' is actually what we smell with our olfactory cells," says Valerie Duffy, RD. If your sense of scent is impaired—whether from allergies, a sinus infection or a more permanent medical condition—savoring foods becomes more difficult.

YOUR EARS
▶ People who suffered from moderate to severe ear infections during childhood may have damage to taste nerves, which can cause them to prefer sweet and fatty foods. One study found that they were more than twice as likely to be obese as adults as people who hadn't had many ear infections.

YOUR EXPECTATIONS
▶ People tend to enjoy foods more if they have a fancy name, such as Lightly Pounded Parmigiana-Crusted Rib Pork Chop, than if they come without the fanfare, according to research from Cornell University. All the more reason to tell your family that dinner is Gourmet Grilled Tilapia with Broccoli Florets.



→ Supertasters find bitter, sour and even sweet foods hard to swallow.

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I Finally Put Myself First

With the help of a fitness challenge, Twyla Grimes made her health a priority and lost major pounds along the way.

As told to **ROZALYNN S. FRAZIER**



Kudos to Twyla! Prism Sport is honoring her hard work with this outfit: Racerback Tank, $70, and Capri Pants in Batik, $82; prismsport.com.

SCAN TO SHOP! SCAN THIS PHOTO TO PURCHASE TWYLA'S WORKOUT WEAR (LEARN HOW ON PAGE 8).

Twyla Grimes
35, 5'8"
Katy, Texas

BEFORE
168 lb.
DRESS SIZE: 14

AFTER
142 lb.
DRESS SIZE: 4

TOTAL LOST
26 lb.
SIZES LOST: 5

I WAS NEVER A healthy eater. In fact, the only reason I was able to stay thin for so long was that I was a cardio addict. That ended when I remarried in 2011; focusing on my newly blended family left little time for workouts. The result: I put on 25 pounds in less than a year. One time, someone even asked when my baby was due! Still, it wasn't until December 2012, when I saw a video of myself looking doughy all over, that I knew it was time to take action.



UP FOR THE CHALLENGE

I started 2013 off with a promise to exercise but didn't get my butt in gear until February, when I joined the Labrada Lean Body Challenge, a 12-week fitness contest. Through it, I learned about strength training, which I did nightly. I also made sure to fit in an hour on the stairmill or treadmill each morning before work. I shed 18 pounds in three months.

BACK TO BASICS

I also focused on eating better; I measured and weighed *everything*. The hardest part was cleaning up my cooking habits. I learned to use zero-calorie seasonings, as well as olive oil instead of butter, sugar and salt. The results quickly showed; I peeled off 2 to 3 pounds each week. Then the scale started creeping up again, but this time it was because of the lean muscle I was building. I didn't mind it—those new, "strong" pounds whittled my body fat percentage down by more than 15 percent! Seeing my frame transform made it clear to me that I needed to stop feeling guilty for making myself a priority—to be a good mom, I had to be a healthy one.

SHARE YOUR TRANSFORMATION

Did you reshape your body? Tell us about your healthy change at **health.com/i-did-it** and let us know what diet and fitness strategies made the difference.

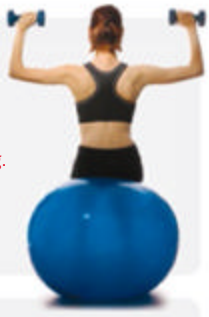
4 TIPS TO KEEP POUNDS AWAY

How does Twyla stay so lean and toned? Check out her favorite strategies, and find even more tactics at health.com/weight-loss-stories.

▶ SWEAT WITH YOUR SPOUSE
My hubby and I make exercise outings "our" time. We'll go to the gym for an hour and lift weights together. Having him there keeps me accountable.



▶ WORKOUT MUST: MILITARY PRESS
There is something about this exercise that makes me feel empowered and strong. Plus, I love training my shoulders, and this really works that part of my body.





▶ SWAP OUT STORE-BOUGHT
I make healthier versions of sweets: For chocolate chip cookies, I use unsweetened applesauce instead of butter and sub in oat flour for white.



▶ PULL OUT THAT STOPWATCH
I love that I can jog three miles in 24 minutes now; before, it took me 46 minutes! Tracking my running times and seeing how far I've come helps me stay committed.

HAIR AND MAKEUP BY SHEILA RENÉE; WEIGHTS, MARK WEISS/GETTY IMAGES; EXERCISE, PM IMAGES/GETTY IMAGES; BAKING, BRIAN HAGIWARA/GETTY IMAGES; STOPWATCH, C SQUARED STUDIOS/GETTY IMAGES;

PHOTOGRAPHY BY FELIX SANCHEZ



Adding once-daily NAMENDA XR to your loved one's current

NAMENDA XR works differently than other Alzheimer's medications.

Current treatment* + NAMENDA XR

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- An improvement in cognition
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NAMENDA XR® (memantine hydrochloride) extended-release capsules are approved for the treatment of moderate to severe Alzheimer's disease. NAMENDA XR is available by prescription only.

There is no evidence that NAMENDA XR or an AChEI prevents or slows the underlying disease process in patients with Alzheimer's disease.

*Alzheimer's treatments include ARICEPT®, EXELON®, or RAZADYNE®.

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IMPORTANT RISK INFORMATION

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

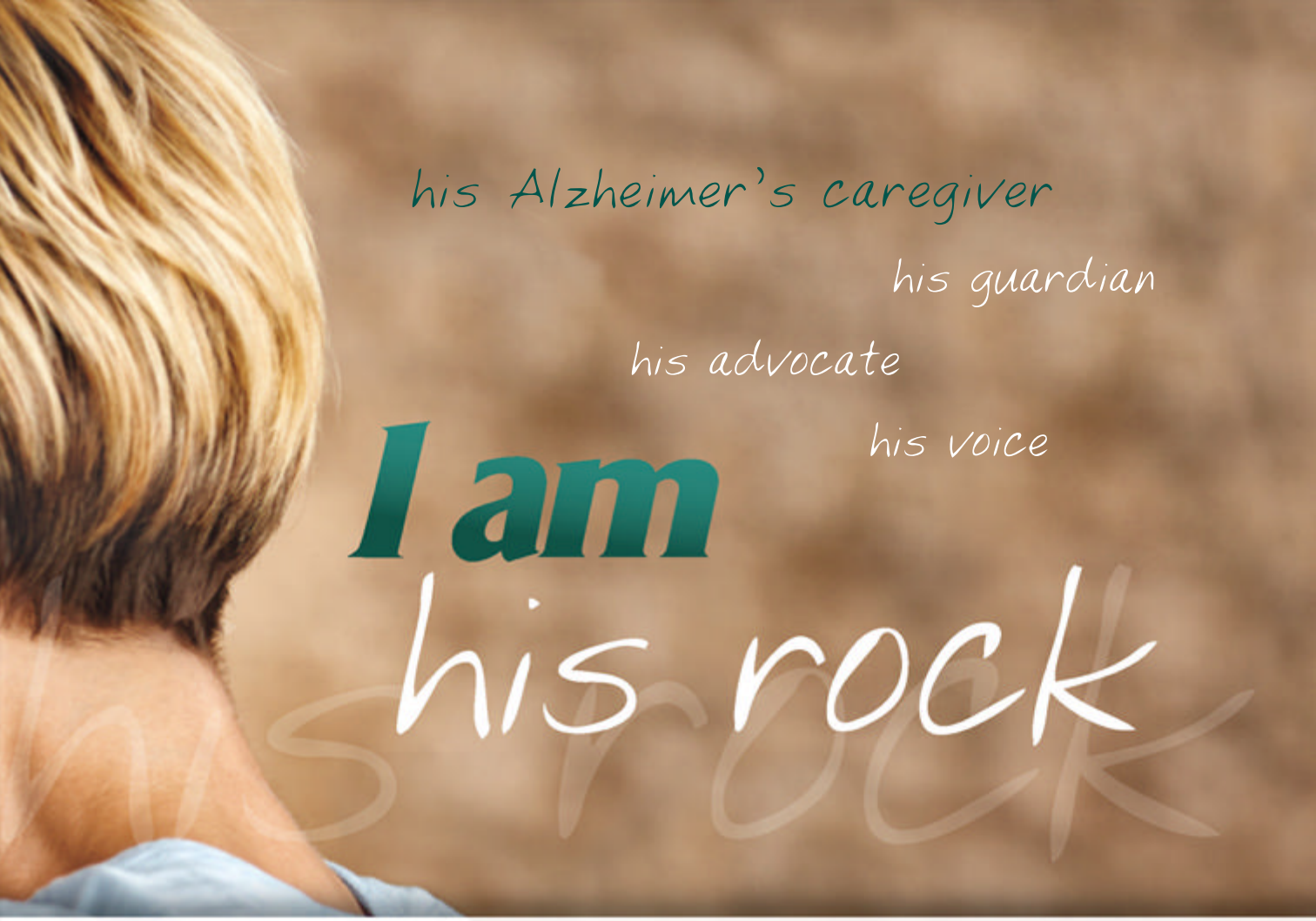
What should be discussed with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of the patient's past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

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treatment may help their moderate to severe Alzheimer's disease.

If the patient is taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for the patient.

- Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects associated with NAMENDA XR treatment are headache, diarrhea, and dizziness. This is not a complete list of side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. **Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.**

Please see Brief Summary of full Prescribing Information, including Patient Information, for NAMENDA XR on reverse side.

Once-Daily

Namenda XR®

(memantine HCl) extended release capsules

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VISIT **NAMENDAXR.COM**
OR CALL **1-855-511-1450.**

Brief Summary of Important Risk Information



NAMENDA XR [Nuh-MEN-dah Eks-Are]
(memantine hydrochloride)
Extended-Release Capsules

This information does not take the place of talking to your healthcare provider about your medical condition or your treatment.

What is NAMENDA XR?

NAMENDA XR is a prescription medication used for the treatment of patients with moderate to severe Alzheimer's disease.

Who should NOT take NAMENDA XR?

NAMENDA XR should not be taken by anyone who is allergic (hypersensitive) to memantine, the active substance in NAMENDA XR, or who has had a bad reaction to NAMENDA XR or any of its ingredients.

What should I discuss with the healthcare provider before taking NAMENDA XR?

Before starting NAMENDA XR, talk to the healthcare provider about all of your past and present medical conditions, including:

- Seizure disorders
- Difficulty passing urine
- Liver, kidney, or bladder problems

If you are taking other medications (including those without a prescription), ask the healthcare provider if NAMENDA XR is right for you.

- Use caution when taking Namenda XR with other medications. Certain medications, changes in diet, or medical conditions may affect the amount of NAMENDA XR in the body and possibly increase side effects.

What are the possible side effects of NAMENDA XR?

The most common side effects in patients taking NAMENDA XR were headache, diarrhea and dizziness. This is not a complete list of side effects.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I take NAMENDA XR?

- Take NAMENDA XR exactly as your doctor tells you to take it.
- Take NAMENDA XR one time each day with or without food.
- NAMENDA XR capsules must be swallowed whole and never crushed, divided or chewed.
- NAMENDA XR capsules may be opened and sprinkled on applesauce before swallowing, but the entire contents of the capsule should be taken and the dose should not be divided.
- Do not use any capsules of NAMENDA XR that are damaged or show signs of tampering.
- If you forget to take one dose of NAMENDA XR, do not double-up on your next dose. Take only your next dose as scheduled.
- If you have forgotten to take NAMENDA XR for several days, do not take the next dose until you have talked to your healthcare professional.

What if I take more NAMENDA XR capsules than I should?

If you take too much NAMENDA XR, call your doctor or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

What other information should I be aware of?

- The use of NAMENDA XR in children is not recommended.
- You should not breast-feed during treatment with NAMENDA XR.
- Tell your healthcare provider if you are pregnant or planning to become pregnant.

This section summarizes the most important information about NAMENDA XR. Talk to your healthcare provider for more information.

To learn more, go to www.NAMENDAXR.com
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NXR23614 12/14

Awesome Ab Boot Camp

Top trainer Tracy Anderson reveals how to tighten your middle like never before.

By **TRACY ANDERSON**



Solow Diamond Mesh Sports Bra in Black, $86; shopbop.com. Onzie Fitness Short #220 in Black, $44; onzie.com. Nike Air Max Tailwind 7; similar styles at store.nike.com. Jewelry, Tracy's own.

SCAN THIS PHOTO TO PURCHASE TRACY'S WORKOUT WEAR. SEE PAGE 8.

LADIES, WE ARE getting a jump on spring-cleaning, and the first thing to go is the standard crunch. I'm not saying that it's a bad exercise, but if it's your only ab sculptor, you're doing yourself a real disservice. Regular old crunches compartmentalize your strength, working mainly just the rectus abdominis (six-pack). To create a nice curve in the waist, a flat front and hip-line definition, it's key to work the transverse abdominis. This muscle acts as a girdle and—yep, you guessed it—cinches in your entire middle. But that's just part of the formula. It's also important to kick up your cardio and eat healthy, well-balanced meals. When you put it all together, you'll get the core you crave.

Eat This: Mulberries

Not only is this fruit rich in antioxidants, but it's a lifesaver for folks with a sweet tooth (like me!) because noshing on a few can help keep your blood sugar levels consistent. Throw some in a plastic bag—a cup is only 60 calories—so you can successfully fight that 3 o'clock candy hankering.

PHOTOGRAPHY BY NATHANIEL WELCH

STYLING BY KAREN SHAPIRO; HAIR BY SEBASTIAN SCOLARICI FOR SERGE NORMANT AT JOHN FRIEDA; MAKEUP BY HECTOR SIMANCAS USING DIORSKIN AT CROSBY CARTER MANAGEMENT

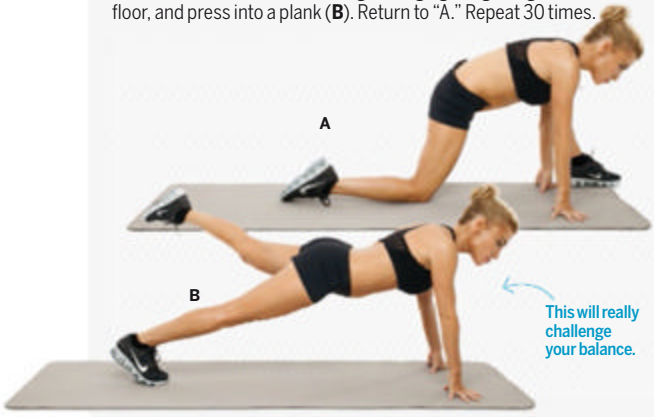
10 MINUTES TO A SCULPTED STOMACH

One thing you'll notice: All four of these exercises involve the plank. That's because when you get into this position, every single muscle in the core has no choice but to work. And when they all do, you're on your way to total tightening. Go through this series six times a week, pairing it with 30 minutes of cardio. You'll see a major difference in no time.

Do all moves on the left side first, then repeat on the right.

1. Lunge and Plank

Start by kneeling; step left leg forward, coming into a kneeling lunge, with both hands on the floor to the right of left foot (**A**). Lift left leg out to back left corner of the mat, straightening right leg so right toes are on the floor, and press into a plank (**B**). Return to "A." Repeat 30 times.





2. Side Sitting Plank Lift

Sit on left hip with right leg extended straight out to side, left hand on the floor, right hand straight up in the air (**A**). Lift hips, coming into a side plank with right foot on the floor and left leg bent with left foot flexed behind you (**B**). Lower back to the floor and repeat 30 times.

3. Running Plank

Start in plank, with body in a straight line from head to heels. Bring left foot forward, tucking left knee in as close to chest as possible (**A**). Return left foot to the floor, then repeat motion with right leg (**B**). Continue alternating legs in a moderately paced running motion. Do 30 reps.



BONUS VIDEO
TO SHAPE UP WITH TRACY, SCAN THE PHOTO AT RIGHT, OR GO TO HEALTH.COM/TRACY-ANDERSON.



HIT THE REFRESH BUTTON

Every day, you get the chance to start over, using the next 24 hours as a new cycle of awareness. Examine your exercise and eating choices to see how they've positively or negatively affected your body. If you blew it, simply work to make healthier decisions the next day.



4. Single-Arm Split Plank with Knee Tuck

Start in plank with legs open wider than shoulder-width apart, toes turned to the right. Make a fist with right hand and tuck it into chest (**A**). Bend left knee, bringing it forward and across body while dropping right hand back to the floor (**B**). Return to "A." Repeat 30 times.

***TRACY ANDERSON** is a top fitness expert, the creator of the Tracy Anderson Method and star of more than 160 DVDs. Her clients include Gwyneth Paltrow, Jennifer Lopez, Victoria Beckham, Nicole Richie and Sienna Miller.*

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VEST DRESSED
Two things we love about the Saucony Breeze Vest ($75; saucony.com): The extra length in back helps keep your derrière discreet, and the bold hue stands out in low-lit areas.



BUDDING INTEREST
Tug the back drawcord on the blousy Adidas by Stella McCartney Studio Floral Jacket ($190; adidas.com) to cinch the waist—and show off your toned shape.



BRIGHT IDEA
Misty morning? Slip into the water-resistant Fila Sport Ombré Jacket ($55; kohls.com)—thumbholes keep your sleeves in place—before you dash out the door.

Health GEAR AWARDS EDITORS' PICKS

Just-Right Jackets

Spring into action with one of these cute and cozy cover-ups.

By **ROZALYNN S. FRAZIER**

SCAN TO SHOP!
SCAN THE JACKET AT LEFT TO PURCHASE THE ITEMS ON THIS PAGE (LEARN HOW ON PAGE 8).



RAIN CHECK
Cold, drizzly days are no match for the water-repellent, dual-layered Lolë Cloud Cape ($180; lolewomen.com). Stash essentials—keys, phone—in the oversize pockets.



WHITE OUT
Pair the Puma Mesh Cover Up ($50; puma.com) with a neon sports bra and you'll be serving up serious '80s style. Bonus: It's nice and airy, so you won't overheat when you sweat.

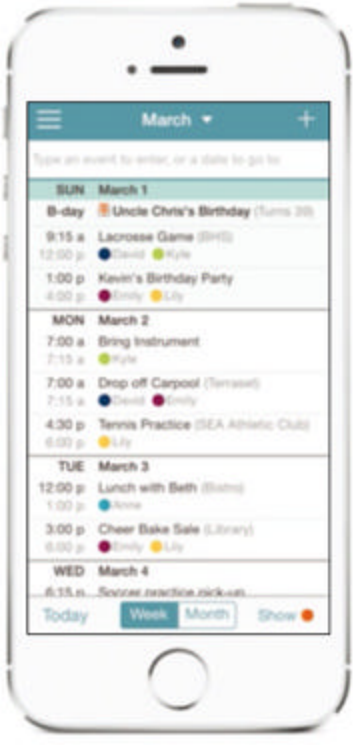


PRETTY TOUGH
Featherlight yet unbelievably strong, the windproof New Balance Ultra Jacket ($125; newbalance.com) protects you from sudden gusts. Also handy: There's a chest pocket.

PHOTOGRAPHY BY LISA SHIN

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7 Surprising Secrets to Eating Out Healthy

Psst: Researchers are discovering simple, unexpected tricks that help us make better menu choices (without even realizing it). *By* **KATE ROCKWOOD**

HERE'S SOME FOOD FOR thought: A typical restaurant meal contains more than 1,100 calories. If you're like the average American, you eat out five times a week—which could wreak havoc on your diet. But before you vow to brown-bag it forever, know that it doesn't have to be this way. Food economists and consumer behavior experts have been studying the habits of restaurant-goers to identify why some leave happily sated and others fall into a food coma. They've learned that menu choices may have as much to do with where you're sitting as what you're craving. A host of factors—from the room's lighting to the height of your table—can encourage you to make more nutritious decisions. Here's how to set yourself up to enjoy a waist-friendly meal to the fullest.

1. Grab a health-minded pal

Research shows that when we eat in groups, we tend to order similar types of food: Everyone opts for a salad, say, or most of the table indulges in burgers. Food economists from Oklahoma State University found that diners who caved to this subtle peer pressure also tended to be happier with their choice. Looking for dinner dates? Round out your guest list with friends more likely to get a side of farro than fries.

2. Go somewhere romantic

Setting the mood seems to matter as much in a restaurant as in the bedroom. When researchers from the University of Illinois at Urbana-Champaign replaced a fast-food restaurant's fluorescent lights and rock-and-roll soundtrack with softer incandescent bulbs and mellow jazz, study participants ate 18 percent less food. They also ate more slowly and rated the food as more enjoyable.

3. Request a table near the window

"If you want to stack the deck in your favor, think twice about where you sit," says Brian Wansink, PhD, director of Cornell University's Food and Brand Lab and author of *Slim by Design*. When his team compared receipts and table locations at 27 restaurants, they found that patrons at high-top tables tended to order more fish and fewer desserts, and

diners near the window were 80 percent more likely to have salads. "Maybe a high table makes you feel more in control, and sitting near a window feels more public," he says. "The why isn't clear. But as we say in the lab: If you want to be skinny, do what skinny people do."

4. Sit far from the bar

When you're in view of the television, it's tempting to watch between bites. But eating while distracted causes people to consume more—not only at that meal but later in the day as well, according to a British study. And TV isn't the only temptation you'll fight near the bar. The Cornell research team found that groups of four perched within two tables of the booze drank an average of three more drinks than patrons just one table farther away.

5. Ask for a tall glass

We tend to underestimate how much liquid is in short tumblers—which is why bartenders typically pour 27 percent more alcohol into short glasses than tall ones, according to a study published in the *Journal of Consumer Research*. The flip side of this optical illusion: By sipping your caipirinha from a tall glass, you'll have fewer calories without feeling deprived.

6. At a buffet, make a beeline for the fruit

"The first food a person selects triggers what they take next," wrote researchers in a 2013 *Plos One* study on buffet patrons. For their experiment, they split 124 breakfast diners into two groups: One navigated a bar that started with cheesy eggs and ended with fruit; the other group faced a buffet table in the reverse order. Of the people who encountered cheesy eggs first, 76 percent served themselves the (deliciously gooey) calorie bomb—compared with 29 percent of people in the fruit-first group. And those who took cheesy eggs at the start were more likely to pile on bacon and potatoes. At dinner? Head to the salad station first.

7. Think miles, not calories

Calorie counts on a menu are a good start. But a 2014 study found that diners are even more motivated to order healthy when those numbers are translated into miles of physical activity. Every 100 calories is roughly equivalent to jogging one mile. The next time you're waffling between a 600-calorie sandwich and an 800-calorie pizza slice, try thinking about the two extra miles it would take to run off the slice. (If you're still craving the mozzarella and doughy goodness, it's worth the calorie splurge.) ■



MENU CODE WORDS, DECIPHERED

Some of the adjectives used to describe dishes communicate more than just flavor—they can indicate calorie count, too. Researchers at the Food and Brand Lab at Cornell University studied more than 2,000 menu items and descriptions from eateries across the country to compile this list of the least and most fattening words.

▶ Low-calorie
Seasoned
Roasted
Reduced
Marinated
Fresh
Broiled

▶ High-calorie
Crispy/crunchy
Loaded
Smothered
Creamed
Buttery
Fried

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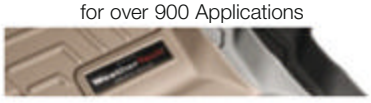
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KRISTIN McGEE is a leading yoga and Pilates instructor. Meet her at Health *events nationwide, and find her favorite moves at health.com/kristin.*

Yoga at Your Desk?

So you're stuck sitting at your computer all day! These moves ease neck and back strain—and let you slip in quick toning.

By **KRISTIN McGEE**

THE MERE THOUGHT of sneaking out for a lunchtime yoga class may be laughable, especially now that we're all asked to do more and more on the job. But that doesn't mean you have to stay stagnant for hours. There are effective moves you can do right at your desk, ones that will help you get a mental breather and make sure your neck, back, arms, hips and wrists remain in good working order.

Scale Pose

Sit at the edge of your chair, press your hands down on either side of your hips and raise your legs and butt up off the seat. Engage your deep abdominal muscles and keep the tops of your shoulders down; hold for 3 to 5 breaths. Lower and repeat 2 more times.



Alo Seamless Tank in Black Heather, $48, and Goddess Ribbed Legging in Spectrum/Stormy Heather, $94; aloyoga.com.

SCAN TO SHOP! *SCAN THIS PHOTO TO PURCHASE KRISTIN'S WORK-OUT WEAR (LEARN HOW ON PAGE 8).*



High Altar Pose

Inhale and lift your arms; clasp your hands and invert your palms. Lean to your left. Hold for 5 to 8 breaths, then switch sides.



Twist

Turn to your left. Use your left hand on the back of the chair to deepen the twist. Hold for 5 to 8 breaths, then twist to the other side.



Cow Face Arms

Bring your left arm behind your back and right arm behind your head. Clasp fingers if you can. Hold for 5 to 8 breaths; switch sides.



Ankle to Knee

Place your left foot on your right knee, letting left knee drop open. Keep your back straight; lean forward to stretch deeper. After 5 to 8 breaths, switch sides.

STYLING BY KAREN SHAPIRO; HAIR AND MAKEUP BY MICHELLE COURSEY FOR MAKE UP FOR EVER; HEAD SHOT COURTESY OF KRISTIN McGEE

PHOTOGRAPHY BY ALEX BEAUCHESNE



X-rays show that XELJANZ helps stop further joint damage.



What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

- It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
- XELJANZ is not for people with severe liver problems.
- It is not known if XELJANZ is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information to know about XELJANZ?

Serious infections. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections. Your healthcare provider should test you for TB before starting XELJANZ, and monitor you closely for signs and symptoms of TB infection during treatment. You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Cancer and immune system problems. XELJANZ may increase your risk of certain cancers by changing the way your immune system works. Lymphoma and other cancers, including skin cancers, have happened in patients taking XELJANZ.

Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

Tears (perforation) in the stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate. Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

Changes in lab test results. Your healthcare provider should do blood tests before you start receiving XELJANZ, and at certain times while you are taking XELJANZ, to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should also routinely check certain liver tests. You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high. Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results. Your healthcare provider should do blood tests to check your cholesterol levels 4-8 weeks after you start XELJANZ, and as needed after that.

Before taking XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection, such as fever, sweating, or chills; muscle aches; cough; shortness of breath; blood in phlegm; weight loss; warm, red, or painful skin or sores on your body; diarrhea or stomach pain; burning when you urinate or urinating more often than normal; or feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived in, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common.



- have or have had hepatitis B or C or liver problems
- have ever had any type of cancer
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People taking XELJANZ should not receive live vaccines but can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby
 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

Tell your healthcare provider about all of the medicines you take, especially any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.

- Tell your healthcare provider if you are taking medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

What are other possible side effects of XELJANZ?
XELJANZ may cause serious side effects, including hepatitis B or C activation infection in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Tell your healthcare provider if you have the following symptoms of a possible hepatitis B or C infection: feeling very tired, skin or eyes look yellow, little or no appetite, vomiting, clay-colored bowel movements, fevers, chills, stomach discomfort, muscle aches, dark urine, and skin rash.

Common side effects of XELJANZ include upper respiratory tract infections (common cold, sinus infections), headache, diarrhea, and nasal congestion, sore throat, and runny nose (nasopharyngitis).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see additional Patient Information on the following page.

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XELJANZ®
(tofacitinib citrate)
5 mg tablets



XELJANZ [tofacitinib citrate] 5 mg/tablet

CONSUMER BRIEF SUMMARY
XELJANZ (ZEL' JANS') (tofacitinib)

Read the Medication Guide that comes with XELJANZ before you start taking it and each time you get a refill. There may be new information. This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is the most important information I should know about XELJANZ?
XELJANZ may cause serious side effects including:

1. Serious infections.

XELJANZ is a medicine that affects your immune system. XELJANZ can lower the ability of your immune system to fight infections. Some people have serious infections while taking XELJANZ, including tuberculosis (TB), and infections caused by bacteria, fungi, or viruses that can spread throughout the body. Some people have died from these infections.

- Your healthcare provider should test you for TB before starting XELJANZ.
- Your healthcare provider should monitor you closely for signs and symptoms of TB infection during treatment with XELJANZ.

You should not start taking XELJANZ if you have any kind of infection unless your healthcare provider tells you it is okay.

Before starting XELJANZ, tell your healthcare provider if you:

- think you have an infection or have symptoms of an infection such as:
 - fever, sweating, or chills
 - muscle aches
 - cough
 - shortness of breath
 - blood in phlegm
 - weight loss
 - warm, red, or painful skin or sores on your body
 - diarrhea or stomach pain
 - burning when you urinate or urinating more often than normal
 - feeling very tired
- are being treated for an infection
- get a lot of infections or have infections that keep coming back
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections
- have TB, or have been in close contact with someone with TB
- live or have lived, or have traveled to certain parts of the country (such as the Ohio and Mississippi River valleys and the Southwest) where there is an increased chance for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may happen or become more severe if you use XELJANZ. Ask your healthcare provider if you do not know if you have lived in an area where these infections are common
- have or have had hepatitis B or C

After starting XELJANZ, call your healthcare provider right away if you have any symptoms of an infection. XELJANZ can make you more likely to get infections or make worse any infection that you have.

2. Cancer and immune system problems.

XELJANZ may increase your risk of certain cancers by changing the way your immune system works.

- Lymphoma and other cancers, including skin cancers, can happen in patients taking XELJANZ. Tell your healthcare provider if you have ever had any type of cancer.
- Some people who have taken XELJANZ with certain other medicines to prevent kidney transplant rejection have had a problem with certain white blood cells growing out of control (Epstein Barr Virus–associated post-transplant lymphoproliferative disorder).

3. Tears (perforation) in the stomach or intestines.

- Tell your healthcare provider if you have had diverticulitis (inflammation in parts of the large intestine) or ulcers in your stomach or intestines. Some people taking XELJANZ get tears in their stomach or intestine. This happens most often in people who also take nonsteroidal anti-inflammatory drugs (NSAIDs), corticosteroids, or methotrexate.
- Tell your healthcare provider right away if you have fever and stomach-area pain that does not go away, and a change in your bowel habits.

4. Changes in certain laboratory test results.

Your healthcare provider should do blood tests before you start receiving XELJANZ and while you take XELJANZ to check for the following side effects:

- **changes in lymphocyte counts.** Lymphocytes are white blood cells that help the body fight off infections.
- **low neutrophil counts.** Neutrophils are white blood cells that help the body fight off infections.
- **low red blood cell count.** This may mean that you have anemia, which may make you feel weak and tired.

Your healthcare provider should routinely check certain liver tests.
You should not receive XELJANZ if your lymphocyte count, neutrophil count, or red blood cell count is too low or your liver tests are too high.

Your healthcare provider may stop your XELJANZ treatment for a period of time if needed because of changes in these blood test results.

You may also have changes in other laboratory tests, such as your blood cholesterol levels. Your healthcare provider should do blood tests to check your cholesterol levels 4 to 8 weeks after you start receiving XELJANZ, and as needed after that. Normal cholesterol levels are important to good heart health.

See "What are the possible side effects of XELJANZ?" for more information about side effects.

What is XELJANZ?

XELJANZ is a prescription medicine called a Janus kinase (JAK) inhibitor. XELJANZ is used to treat adults with moderately to severely active rheumatoid arthritis in which methotrexate did not work well.

It is not known if XELJANZ is safe and effective in people with hepatitis B or C.
XELJANZ is not for people with severe liver problems.
It is not known if XELJANZ is safe and effective in children.

What should I tell my healthcare provider before taking XELJANZ?
XELJANZ may not be right for you. Before taking XELJANZ, tell your healthcare provider if you:

- have an infection. See "What is the most important information I should know about XELJANZ?"
- have liver problems
- have kidney problems
- have any stomach area (abdominal) pain or been diagnosed with diverticulitis or ulcers in your stomach or intestines
- have had a reaction to tofacitinib or any of the ingredients in XELJANZ
- have recently received or are scheduled to receive a vaccine. People who take XELJANZ should not receive live vaccines. People taking XELJANZ can receive non-live vaccines
- have any other medical conditions
- plan to become pregnant or are pregnant. It is not known if XELJANZ will harm an unborn baby

 Pregnancy Registry: Pfizer has a registry for pregnant women who take XELJANZ. The purpose of this registry is to check the health of the pregnant mother and her baby. If you are pregnant or become pregnant while taking XELJANZ, talk to your healthcare provider about how you can join this pregnancy registry or you may contact the registry at 1-877-311-8972 to enroll
- plan to breastfeed or are breastfeeding. You and your healthcare provider should decide if you will take XELJANZ or breastfeed. You should not do both.

Tell your healthcare provider about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. XELJANZ and other medicines may affect each other causing side effects.

Especially tell your healthcare provider if you take:

- any other medicines to treat your rheumatoid arthritis. You should not take tocilizumab (Actemra®), etanercept (Enbrel®), adalimumab (Humira®), infliximab (Remicade®), rituximab (Rituxan®), abatacept (Orencia®), anakinra (Kineret®), certolizumab pegol (Cimzia®), golimumab (Simponi®), azathioprine, cyclosporine, or other immunosuppressive drugs while you are taking XELJANZ. Taking XELJANZ with these medicines may increase your risk of infection.
- medicines that affect the way certain liver enzymes work. Ask your healthcare provider if you are not sure if your medicine is one of these.

Know the medicines you take. Keep a list of them to show your healthcare provider and pharmacist when you get a new medicine.

How should I take XELJANZ?

- Take XELJANZ as your healthcare provider tells you to take it.
- Take XELJANZ 2 times a day with or without food.
- If you take too much XELJANZ, call your healthcare provider or go to the nearest hospital emergency room right away.

What are possible side effects of XELJANZ?

XELJANZ may cause serious side effects, including:

- See "What is the most important information I should know about XELJANZ?"
- **Hepatitis B or C activation infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B or C virus (viruses that affect the liver), the virus may become active while you use XELJANZ. Your healthcare provider may do blood tests before you start treatment with XELJANZ and while you are using XELJANZ. Tell your healthcare provider if you have any of the following symptoms of a possible hepatitis B or C infection:
 - feel very tired
 - skin or eyes look yellow
 - little or no appetite
 - vomiting
 - clay-colored bowel movements
 - fevers
 - chills
 - stomach discomfort
 - muscle aches
 - dark urine
 - skin rash

Common side effects of XELJANZ include:

- upper respiratory tract infections (common cold, sinus infections)
- headache
- diarrhea
- nasal congestion, sore throat, and runny nose (nasopharyngitis)

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XELJANZ. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

You may also report side effects to Pfizer at 1-800-438-1985.

General information about the safe and effective use of XELJANZ.
Medicines are sometimes prescribed for purposes other than those listed in a brief summary. Do not use XELJANZ for a condition for which it was not prescribed. Do not give XELJANZ to other people, even if they have the same symptoms you have. It may harm them.

This brief summary summarizes the most important information about XELJANZ. If you would like more information, talk to your healthcare provider. You can ask your pharmacist or healthcare provider for information about XELJANZ that is written for health professionals.

XELSOURCE™ Answers and Support
*Certain services powered by Pfizer RxPathways®
Need help paying for your medication?
XELSOURCE™ may be able to help – regardless of your insurance situation.*
Learn how at www.XELSOURCEHelps.com

This brief summary is based on XELJANZ Prescribing Information LAB-0445-7.0 and Medication Guide LAB-0535-2.0.
Issued: May 2014.
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Pfizer



BEAT MOLD IN THE BATHROOM
Install a ventilation fan; run it during every bath and shower to reduce mold-friendly moisture. At the very least, leave the bathroom door ajar or crack open a window. Mold also thrives in damp corners, so once a week, wipe around the sink, tub and toilet.

Allergy-Proof Your Home

Indoor allergens like mold, dust mites and pet dander can cause sneezing, wheezing and congestion. Read on for real relief.

By **HALLIE LEVINE**

KEEP IT COVERED
Put dust mite–proof covers, ideally microfiber ones, on mattresses, box springs, comforters and pillows. They'll prevent the critters from penetrating your bedding. Wash your sheets once a week in hot water (aim for at least 130 degrees), then throw them in the dryer at a high temperature.

DECLARE A PET-FREE ZONE
A 2011 study found that cat owners who banned the felines from their bedrooms were much less likely to develop kitty allergies.

TOSS THE PLUG-IN ROOM AIR FRESHENER
Some emit volatile organic compounds (VOCs), which can exacerbate respiratory problems.

DITCH THE VINYL
These types of shower curtains emit VOCs, as well as other potentially lung-irritating compounds, like phthalates. A nylon curtain, which can be thrown into the wash as needed, is a better choice for your health and the environment.

DETOX YOUR
Bed & Bath

BATHROOM, BAUER SYNDICATION/TRUNK ARCHIVE

OUTDOOR POLLUTANTS MAY GRAB ALL THE ATTENTION, BUT ACCORDING TO THE EPA, THE AIR INSIDE our homes can be two to five times as polluted as the air outside. That's bad news, especially for the more than 20 percent of us who suffer from allergies. And research suggests that that percentage is increasing steadily. "For one thing, climate change—and the rising carbon dioxide levels that go with it—have created an environment that's more hospitable to the growth of allergens such as mold," says Jay Portnoy, MD, director of allergy, asthma and immunology at Children's Mercy Hospital in Kansas City, Mo., and former president of the American College of Allergy, Asthma and Immunology. "What's more, we're living in cleaner indoor environments these days, so our immune systems go into overdrive when we're exposed to something unfamiliar, like dust mites or fur." That's guaranteed torment for a lot of us, who have spent most of the last few months indoors, sealed in by energy-efficient doors and windows that do a good job of trapping not just heat but misery-inducing allergens, too. The goods news is there's a lot you can do to eliminate them.

DETOX YOUR Kitchen



FAN OUT FUMES
Install an exhaust fan over the stove, with vents that lead outside, to get rid of irritating cooking fumes and reduce moisture around the room.

STORE FOOD SAFELY
Well-sealed plastic or glass containers should discourage roaches and mice from making themselves at home.

SLEUTH OUT DRIPS
Even a small trickle from the pipes under the sink can lead to mold.

CLEAN WELL
Inspect your fridge for moisture, and when you clean it, pay close attention to door gaskets and drip pans, where mold tends to grow.

THE BIG FOUR

Meet the top (achoo!) indoor allergens.

DUST MITES
More than 25 percent of us are allergic to these tiny bugs that live in dust. The critters munch on skin particles and dander, so you'll find them wherever there are people and pets. You're not allergic to the mites themselves but to a protein they excrete. The mites' waste can hang out on pillows and mattresses or in carpeting and not bother you, but when you disturb them—say, by fluffing your duvet—they'll fly into the air and trigger symptoms.

HOUSEHOLD PETS
Cat allergy is the most common pet allergy, but at least 15 percent of us are allergic to both cats and dogs. It's not their fur per se that has you sneezing but their dander, saliva and pee.

ROACHES AND RODENTS
Up to 98 percent of urban homes have these allergens, even if they can't be seen. Apartment dwellers may find themselves battling roaches, and suburban and country home owners may face rodent infestations. As with your furry friends, you're allergic to their feces and saliva, not just to the critters themselves.

MOLD
You've probably heard of toxic black mold (aka Stachybotrys chartarum), but many kinds of indoor mold can cause allergies. While it tends to grow in dark, damp spots, this allergen can sprout up anywhere that water has leaked. The best way to tell if you have mold is to see it (it's usually black, brown or green) and smell it (it's got a musty odor). Get rid of mold by scrubbing with a solution of ½ cup of bleach and 1 gallon of water.



KITCHEN: BAUER SYNDICATION/TRUNK ARCHIVE



DETOX YOUR Family Room

CHOOSE WASHABLE WINDOW COVERINGS
Opt for curtains or shades that you can wipe down, launder or send to the dry cleaner. Or skip them entirely!

SPRUCE UP YOUR SEATING
Consider a couch made from leather: It's less likely to harbor allergens. If you want to hang on to your upholstered one, run a HEPA vacuum over it at least weekly.

INVEST IN A VACUUM
Look for one that has a HEPA filter and a certification mark from the Asthma and Allergy Foundation of America. This means it not only removes a significant amount of allergens but also prevents them from leaking back out into the air.

CHECK YOUR TEMP
Keep the digits below 68 degrees; dust mites thrive in toastier conditions. Use a hygrometer (about $10 at drugstores) to measure in-home humidity, too. The sweet spot: 35 to 50 percent. Anything lower will dry out nasal passages; anything higher encourages mold.

DUST SMARTER
Do it (at least) once a week to remove allergens from surfaces. Use a microfiber cloth or dusting wand—the superthin fibers trap more debris than regular towels or dusters.

GO GREEN TO GET CLEAN

To eliminate allergens, you need to scrub. Problem is, some cleaners can make symptoms worse. "Many have quaternary ammonium compounds, or quats, and bleach, which are asthmagens," says Johanna Congleton, PhD, senior scientist at the Environmental Working Group (EWG) in Washington, D.C. In fact, one study of more than 3,500 people found that those who used spray cleaners at least once a week had a 30 to 50 percent increased risk of asthma. Check out EWG's guide to green, lung-friendly products at ewg .org/guides/cleaners.

DETOX YOUR Basement

USE A FILTER FOR FORCED AIR SYSTEMS
Your best bet: a pleated filter that has a MERV (i.e., effectiveness) rating of between 8 and 12. You can have it installed in your system directly. If you've got baseboard heat, you may want to purchase a few portable HEPA filter units (they cost $100 and up) and place them around the house. You probably don't need to get your air ducts professionally cleaned—research doesn't prove that doing so improves air quality, and it can actually make things worse by stirring up allergens and other particulates. Replace your filters regularly, based on the manufacturer's instructions.

BOX IT UP
Store as many items as possible in plastic bins to minimize dust.

LOOK FOR LEAKS
Repair any water damage that can encourage mold growth. Even if you have mold only in your basement, your heating or cooling system can pump it into other parts of your house.



DETOX YOUR Yard

DEGRIME YOUR GUTTERS
Reducing allergen exposure outside may reduce your allergy symptoms inside by keeping your body from getting overloaded with irritants. Remove dead leaves near the foundation and gutters; they lead to dampness, which fosters mold.

FIVE SURPRISING INDOOR ALLERGY TRIGGERS

KIDS' STUFFED ANIMALS
They're a magnet for dust mites. Keep only two or three on your little one's bed; put the rest in plastic containers. Wash them at least once a month. Or just put them in a hot dryer for 20 minutes to zap mites.

SHOES
They pick up allergens from outside (hello, pollen and leaf mold!) and bring them indoors. Buy an outdoor mat so you can rub your soles free of debris before walking inside, or take off your shoes and leave them by the front door.

FISH TANKS
Nemo may be one of the few pets that are hypoallergenic, but the tank he's frolicking in is an incubator of mold. Give the tank and filters a good scrubbing at least once a month.

PLANTS
While certain houseplants (chrysanthemums, for example) reduce indoor air pollutants, you can have too much of a good thing. "If you don't clear out debris, the soil can harbor mold," Dr. Portnoy says. Limit the number of indoor plants and be sure you don't overwater them.

PRINTERS
Studies have shown that laser printers emit VOCs and particles that are associated with asthma and can harm the lungs. Keep yours in a well-ventilated area at least 10 feet away from your desk. ■

FAMILY ROOM: BAUER SYNDICATION/TRUNK ARCHIVE; YARD: GLOW DÉCOR/GETTY IMAGES

You're not alone

Women are much more likely than men to get GI ailments. (Oh, joy.)

Tame Your Tummy Troubles

The full digest on four common causes of an upset stomach.

A BELLYACHE HAS A LONG list of potential culprits—but stress is right up at the top. "Stress can affect every part of the digestive system," says Kenneth Koch, MD, chief of gastroenterology at Wake Forest Baptist Medical Center in Winston-Salem, N.C. It can ramp up acid production in the stomach or slow down digestion, inducing feelings of nausea and fullness. It can even change the consistency of your—well, you know. And sometimes, Dr. Koch says, it worsens the symptoms of an underlying problem. How do you know when abdominal discomfort stems from nerves or something else? For the good of your gut, here's a guide to some other usual suspects behind digestive trouble—and how to soothe your system.

You have white-hot pain in your chest.

IT COULD BE: Heartburn

▶ The burning sensation is caused by acid from your stomach backing up into your esophagus. Certain foods and beverages can bring on the condition—such as tomato sauce, coffee and alcohol (which can relax your lower esophageal sphincter) and fatty fare (which may linger in your stomach). Stress and certain medications are often to blame, too. Proton pump inhibitors like Prevacid 24HR and Prilosec OTC offer relief by slowing acid production. But if your symptoms last more than three months, ask your doctor about prescription drugs.

You strain to go number two.

IT COULD BE: Constipation

▶ "This can be an issue as women get into their late 30s and 40s," says *Health*'s medical editor, Roshini Rajapaksa, MD, a gastroenterologist at NYU Langone Medical Center. "Women tend to become less active," she explains, which can lead to a sluggish gut. We also begin to experience hormonal changes that can cause hard, dry stools. (Blech.) "Drink four extra glasses of water a day and up your physical activity," suggests Dr. Rajapaksa. And make sure you're eating at least 25 grams of fiber daily. (A cup of cooked lentils, a bran muffin and a pear should do the trick.)

Your abdominal discomfort and altered BMs have lasted three months or more.

IT COULD BE: Irritable bowel syndrome (IBS)

▶ Twice as many women as men suffer from IBS: "Women may have more bowel hypersensitivity, so nerves there overrespond to stimuli such as food or stress—causing increased gut activity," says Douglas Drossman, MD, professor emeritus of medicine and psychiatry at the University of North Carolina at Chapel Hill. The good news? About half of cases improve with dietary changes. Try avoiding trigger foods such as nuts, coffee and chocolate. Probiotics (in food or supplement form) could also help. If not, your doctor might prescribe medication.

Your belly feels like an inflated beach ball. Plus: cramps.

IT COULD BE: Nonceliac gluten sensitivity (NCGS)

▶ Some people literally can't stomach gluten. But there is no conclusive explanation for NCGS and its range of symptoms, from gas and diarrhea to headaches, joint pain and more. Before you give up bread and pasta, get tested for a wheat allergy and celiac disease. Once they're ruled out, your doctor may suggest you go gluten-free to see if your symptoms improve.



← Up to 70 million Americans deal with digestive problems.

MODEL: YASU + JUNKO/TRUNK ARCHIVE

Settle Your Stomach, Stat

Three quick cures for a run-of-the-mill bellyache.

Move around.

▶ Exercise stimulates the intestines, relieving cramping. "A brisk walk, maybe for 10 to 15 minutes, can do wonders," says Robynne Chutkan, MD, founder of the Digestive Center for Women in Chevy Chase, Md.

Have some peppermint tea.

▶ The herb aids in the digestion of fats and calms the muscles of the stomach. (But skip it if you have heartburn; peppermint can relax the lower esophageal sphincter, allowing acid to leak up.)

Massage here.

▶ Using the heel of your hand, circle your navel with gentle pressure in a clockwise direction for two to three minutes. "Acupressure can release feel-good endorphins and help you relax," Dr. Chutkan explains.

Look for more on gut health in our June issue.

Do your belly pain and constipation feel tight like a vise?



You may be suffering from
Irritable Bowel Syndrome with Constipation (IBS-C).

LINZESS may provide the relief you need.

LINZESS is a once-daily capsule that helps adults **proactively** manage the symptoms of Irritable Bowel Syndrome with Constipation (IBS-C) or Chronic Idiopathic Constipation (CIC). "Chronic" means the constipation is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS is the first and only approved treatment in a new class of drugs that work differently from other available medications. It acts locally in the intestine and is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements.

Bottom line, describe your symptoms to your doctor and ask about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C or CIC.
It is not known if LINZESS is safe and effective in children.

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

Forest Pharmaceuticals, Inc.
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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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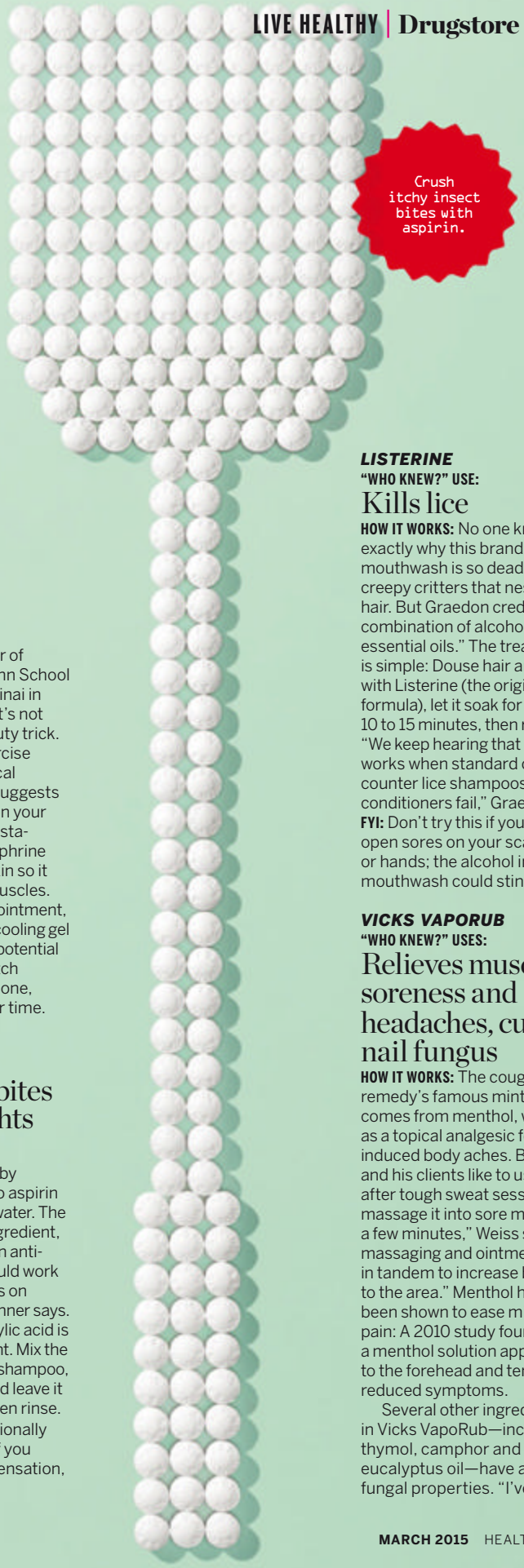
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New uses for OTC meds, from a dose of Benadryl before bed to Vicks VapoRub for a headache. Yep, these drugstore remedies actually work!

That Pill Can Do What?!



IT'S 10 P.M. YOU'RE brushing your teeth in front of the mirror and notice the beginnings of a pesky pimple. No zit cream? No problem! Coat it with a bit of toothpaste and it may be gone by morning. "Unorthodox uses of over-the-counter products can solve a range of nagging health problems," says pharmacologist Joe Graedon, co-author of the *People's Pharmacy* book series and co-editor of Peoples Pharmacy.com. Many familiar drugs and toiletries can pull double-duty, whether because they've got unintentionally helpful side effects (like an antihistamine making you drowsy) or because their main ingredient (an anti-inflammatory, say) is just a great multitasker. These expert-approved solutions might save you an emergency run to the pharmacy—or at the very least soothe a sore shoulder.

PREPARATION H

"WHO KNEW?" USES:

Shrinks under-eye bags, buffs up muscles

HOW IT WORKS: The ointment contains the vasoconstrictor phenylephrine, which shrinks swollen hemorrhoids. But Preparation H can also reduce the puffy signs of too-little sleep when applied under the eyes, says Joshua Zeichner, MD, assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. And that's not the product's only beauty trick. For a big night out, exercise physiologist and physical therapist Scott Weiss suggests spreading a thin layer on your arms and legs to add insta-definition. The phenylephrine temporarily tightens skin so it clings more firmly to muscles.
FYI: Stick to the regular ointment, Dr. Zeichner says. The cooling gel contains witch hazel, a potential irritant, while the anti-itch variety has hydrocortisone, which can thin skin over time.

ASPIRIN

"WHO KNEW?" USES:

Treats insect bites and stings, fights dandruff

HOW IT WORKS: Attacked by mosquitoes? Crush two aspirin and make a paste with water. The drug's pain-relieving ingredient, acetylsalicylic acid, is an anti-inflammatory, so it should work the same way on skin as on inflamed joints, Dr. Zeichner says. Got a flaky scalp? Salicylic acid is also a superstar exfoliant. Mix the paste with your regular shampoo, rub it into your scalp and leave it on for a few minutes, then rinse.
FYI: Salicylic acid occasionally causes skin irritation. If you experience a burning sensation, wash it off right away.

LISTERINE

"WHO KNEW?" USE:

Kills lice

HOW IT WORKS: No one knows exactly why this brand of mouthwash is so deadly to the creepy critters that nest in our hair. But Graedon credits "some combination of alcohol and essential oils." The treatment is simple: Douse hair and scalp with Listerine (the original amber formula), let it soak for about 10 to 15 minutes, then rinse. "We keep hearing that Listerine works when standard over-the-counter lice shampoos and conditioners fail," Graedon says.
FYI: Don't try this if you have open sores on your scalp or hands; the alcohol in the mouthwash could sting.

VICKS VAPORUB

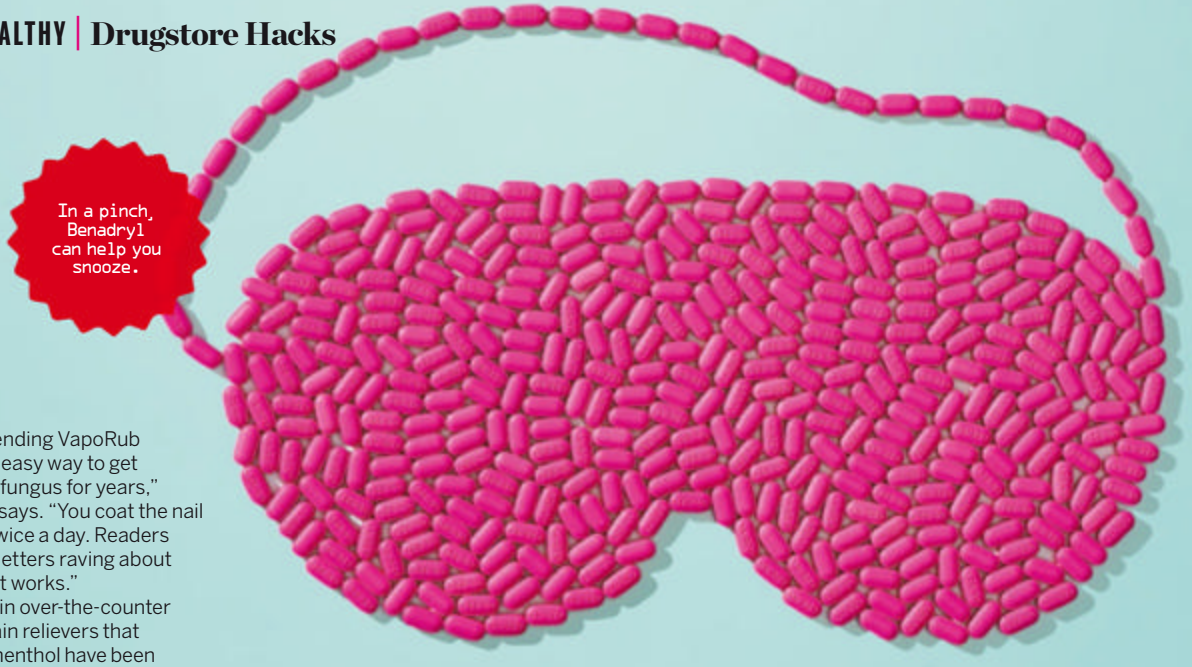
"WHO KNEW?" USES:

Relieves muscle soreness and headaches, cures nail fungus

HOW IT WORKS: The cough remedy's famous minty scent comes from menthol, which acts as a topical analgesic for cold-induced body aches. But Weiss and his clients like to use the rub after tough sweat sessions. "We massage it into sore muscles for a few minutes," Weiss says. "The massaging and ointment work in tandem to increase blood flow to the area." Menthol has even been shown to ease migraine pain: A 2010 study found that a menthol solution applied to the forehead and temples reduced symptoms.

Several other ingredients in Vicks VapoRub—including thymol, camphor and eucalyptus oil—have anti-fungal properties. "I've been

PHOTOGRAPHY BY LISA SHIN



recommending VapoRub as a safe, easy way to get rid of nail fungus for years," Graedon says. "You coat the nail once or twice a day. Readers write me letters raving about how well it works."
FYI: Certain over-the-counter topical pain relievers that contain menthol have been reported to cause chemical burns. Most of those products have a much higher concentration of the compound than Vicks. But if you notice pain and/or blistering, stop using the rub and see a doc.

BENADRYL
"WHO KNEW?" USES:
Gets you to sleep, controls nausea
HOW IT WORKS: This allergy medication's active ingredient, diphenhydramine, is an antihistamine, which means it inhibits the action of neurotransmitters called histamines that can trigger symptoms like sneezing and itching. But histamines also play a role in regulating the body's circadian rhythms, helping to keep you alert during the day. So when your histamine levels drop, you start to feel sleepy. Charles Rocamboli, DO, an emergency physician in Los Angeles, has found that a dose of Benadryl works wonders for ER patients who are struggling to get some rest: "They end up sleeping for hours," he says.

Benadryl also interferes with the histamines that deliver nausea signals to the brain—which explains why it's often recommended for motion sickness and morning sickness (though for the latter, you should check with your ob-gyn first).
FYI: The drug is not a long-term fix for insomnia. Your body can quickly build up tolerance, so the longer you take it, the less likely it will help you sleep. It also tends to have a hangover effect and may impair driving.



TOOTHPASTE
"WHO KNEW?" USE:
Clears up pimples
HOW IT WORKS: Pastes that contain baking soda and hydrogen peroxide (most brands make a product with these ingredients) fight blemishes in two ways: by killing bacteria and by drying and exfoliating the skin. Toothpaste isn't as effective as over-the-counter spot treatments, notes Debra Jaliman, MD, author of *Skin Rules: Trade Secrets from a Top New York Dermatologist*. But if you don't have acne medicine on hand, she suggests dabbing on a bit before you go to bed. "My patients swear that it works!"
FYI: Skip this remedy if you've got sensitive skin. Toothpaste is harsher on the skin than drugstore pimple gels and creams and could cause your blemish to become more inflamed.

HYDROCORTISONE OINTMENT
"WHO KNEW?" USE:
Soothes cracked lips
HOW IT WORKS: The topical steroid, applied two or three times a day, can reduce inflammation in severely chapped lips, "making it easier for splits and cracks to heal," Dr. Zeichner says. It's also moisturizing, thanks to its petroleum jelly base.
FYI: Apply the ointment only to the outer, dry part of the lip, rather than the inner, wet lip, Dr. Zeichner says. (You want to avoid contact with the inside of the mouth.) Make sure you're using ointment and not a cream, which contains potentially irritating preservatives. And don't use it for more than two weeks. Not seeing improvement? Time to go from DIY to the derm. ■

DON'T TRY THESE AT HOME
Three remedies that are more pseudo than science.

"Rubbing alcohol will cool down a fever."
▶ It won't—and it may actually cause further harm. While rubbing alcohol can make your skin feel temporarily cooler, the relief won't last long when you're running a fever. Rubbing alcohol can even be dangerous for small children and infants because it can absorb into the skin and possibly lead to alcohol poisoning. Stick to ibuprofen or acetaminophen to lower high temperatures, and check in with your doctor if the fever doesn't go away.

"Hydrogen peroxide is good for cleaning cuts and scrapes."
▶ Yes, the chemical attacks germs. But research shows that it may hurt the skin and hinder the healing process. You're better off washing gently with soap and water.

"A baking soda douche will prevent pregnancy."
▶ Your great-grandma may have tried this birth control method—which could explain her having 11 kids. Sperm travel beyond the reach of any douche too quickly for it to work. Plus, douching has been linked to vaginal infections.

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To defeat lung cancer, early detection is vital. MD Anderson led the research that identified options to improve the only lung-screening method available to date: the low-dose CT scan. Now, MD Anderson has launched an unprecedented program to more accurately diagnose lung cancer at the molecular level and look for traces of the disease early in the blood. It's just another example of MD Anderson's pioneering efforts in the fight against cancer. To learn more about our past, present, and future breakthroughs, call toll free 1-855-894-0145 or visit MakingCancerHistory.com.



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Walk This Way

Got high blood sugar? One great strategy requires nothing more than your own two feet.

IF YOU HAVE DIABETES (OR WORRY ABOUT GETTING IT), consider this: Exercise improves your body's ability to control blood sugar. "It's not just during exercise; the effect can last 48 hours afterward," says George King, MD, author of *The Diabetes Reset.* When you're active, your muscle cells become more sensitive to insulin, absorbing larger amounts of glucose. Over time, regular exercise can help you shed weight. And you don't need to do CrossFit. "Even walking can be incredibly helpful," Dr. King points out. A few tweaks to your form can mean a much better workout for your heart and muscles (plus more calories torched!). Here's how to boost your burn with every step.

Focus your eyes on the horizon

▶ When your head is raised, your chest opens and you can take deeper breaths, says Mark Fenton, associate professor at Tufts University and author of *The Complete Guide to Walking for Health, Weight Loss, and Fitness.*

Stand tall

▶ Keep your ears and shoulders directly above your hips to engage your core.

Make a loose fist

▶ Clenching your hands just wastes energy that could be used to power your walk.

Pump your arms

▶ Your hands should reach midbreastbone height on the upswing and brush past your hips on the downswing, says Toronto coach Lee Scott, who trains clients to walk marathons.

Squeeze your glutes

▶ "Do this consciously to contract the big muscles in the back of your legs," Scott recommends.

Keep your stride short

▶ Longer steps lead to a bouncier gait, which can increase the risk of injury to your joints.

Wear a heart rate monitor

▶ It's like having your own coach to keep you at optimal intensity (about 75 percent of your max heart rate). "It can give you a nudge if you slow down," says Therese Iknoian, author of *Fitness Walking.*

Count your steps

▶ Research shows that people who wear a pedometer walk about 2,000 more steps per day. Apps like Pedometer++ and Accupedo can have the same inspiring effect.

Roll through the ball of your foot

▶ And push off with your toes. Imagine you're trying to wipe a piece of gum off your sole, Iknoian suggests, to get your calf and hamstring muscles involved.

FAST-TRACK IT

Three simple tricks to help you pick up the pace.

Skip killer hills.
▶ Don't assume that climbing a big incline will help you burn more calories. "It may be better to maintain your speed on a moderate hill than slow down a lot on a steeper one," Fenton says.

Set goals.
▶ Choose markers you can see (like a stop sign or park bench) and speed up until you reach them, Iknoian suggests. Then slow down for the same distance. Repeat these intervals.

Race home.
▶ "When you get to the halfway point of your loop, walk back as fast as you can and time yourself," Scott says. "Make it a game: Every time you do that route, challenge yourself to beat your own time."

Want more on living with diabetes? Go to ***health.com/diabetes,*** *and check out our story on blood sugar–friendly food swaps in the May issue of* Health.

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BAYER

Do You Have Good Energy?

See if you know what actually puts pep in your step—then learn how to keep it there.

By **AVIVA PATZ**



Run yourself awake? There's truth to that notion. So pound the pavement instead of an energy drink.

1 TRUE OR FALSE: YOU CAN THINK YOURSELF ENERGIZED.

ANSWER: True. Your thoughts alone can spark activity in an area of your brain called the anterior cingulate cortex, which regulates motivation and perception of effort. Studies show that people who believe they can go the distance, whether it's a long run or an all-day garage overhaul, are more likely to stay on track. When you start to lose steam, say to yourself, "I'm just getting warmed up."

2 RANK THESE MOVES IN ORDER OF PERK-UP POWER.

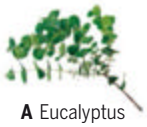
A Having another cup of coffee
B Doing a quick lap around the block
C Watching a funny cat video
D Taking a nap
E Chugging ice water

ANSWER: B, D, A, E, C. Taking a brisk walk will get oxygen flowing to your brain, especially if you head outdoors, and release energizing endorphins. Even just going from sitting to standing has been shown to boost sharpness: "It's one of Mother Nature's ways of keeping you alert—and making sure you don't fall down and crack your skull!" says John Caldwell, PhD, a psychologist who has researched fatigue for NASA. A nap is a great way to top off energy—and obviously coffee will, too. Java just comes with caveats: It's not as effective if you drink it regularly, and too much can make you jittery. Chugging ice water is somewhat effective (the cold triggers adrenaline, which gets your heart pumping stronger, increasing blood flow to the brain), while watching viral videos will give your mind just a brief buzz from the sheer novelty.



Cat videos surely make you smile—but watching them can also snap you out of a slump.

3 WHICH IS THE BEST PICK-ME-UP SCENT TO SNIFF?



A Eucalyptus



B Lemon



C Peppermint



D Sandalwood

ANSWER: C. "Peppermint stimulates the trigeminal nerve, which makes the brain alert," says Alan Hirsch, MD, of the Smell & Taste Treatment and Research Foundation in Chicago. For a quick lift, pop a minty hard candy or stick of gum. Even the act of chewing gum helps you feel more awake, one study found.

4 Which workout gives you the most oomph?

A CrossFit **B** Yoga **C** Running **D** Weight lifting

ANSWER: C, with A as a close second. "Anything that gets your blood flowing gets you energized—a quick 20-minute walk can recharge you for up to an hour and a half afterward," says Leslie Bonci, RD, director of sports nutrition at the University of Pittsburgh Medical Center. "But running and CrossFit provide the fastest heart-pumping effect." You'll get a near-instant influx of oxygen to the brain and body and release stimulating chemicals, including endorphins, serotonin, dopamine and norepinephrine.

5 WHAT PERCENTAGE OF AMERICANS FAIL TO GET THE RECOMMENDED EIGHT OR MORE HOURS OF SLEEP?

A 5 percent **B** 14 percent
C 37 percent **D** 65 percent

ANSWER: D, per a Gallup poll. (Yawn if you are well aware of this.) No wonder the Centers for Disease Control and Prevention declared insufficient sleep to be a national health epidemic in 2014.

6 Vitamin B shots for energy are trendy—but are they a boost or a bust?

ANSWER: Bust—mostly. It's true that B vitamins are critical for energy. You'll only get an uptick from an injection, though, if you're severely deficient in B vitamins, a risk for vegans and vegetarians and those taking certain medications (including metformin for diabetes). For most people, a supplement could do the job.

7 BATTLE OF THE ENERGY BARS: WHICH GIVES YOU THE MOST BANG FOR YOUR CALORIE BUCK?



A Super nutty



B High in fiber



C Lots of fruit

ANSWER: A. The more nuts, the merrier—they pack both protein and fiber, the star nutrients for long-lasting, slow-burning energy, Bonci says. Ideally, grab an energy bar that's under 200 calories and has at least 8 grams of protein and 4 grams of filling fiber.

RUNNING, CULTURA/EDWIN JIMENEZ/GETTY IMAGES; CAT, MARTIN POOLE/GETTY IMAGES; EUCALYPTUS, TRIGGA/GETTY IMAGES; LEMON, CREATIVE CROP/GETTY IMAGES; MINT, BRANISLAVVAC/GETTY IMAGES; SANDALWOOD, LEW ROBERTSON/GETTY IMAGES; SYRINGE, FLOORTJE/GETTY IMAGES; NUT BAR, SABINE SCHECKEL/GETTY IMAGES; FIBER BAR, KGFOTO/GETTY IMAGES; FRUIT BAR, JOE BIAFORE/GETTY IMAGES

8 Choose the best fuel for your needs.

YOU WANT:

A Instant energy surge
B Two-hour push to get you through an event
C All-afternoon power

YOUR FUEL:

1 Turkey on whole-grain bread with cucumber and avocado
2 A handful of chocolate-covered coffee beans and nuts
3 Greek yogurt with berries, banana and granola

ANSWER:
A: 2. Chocolate and coffee beans both deliver a hit of caffeine, and the sugar from the chocolate shuttles glucose quickly into cells, while the protein and fat in nuts help slow down digestion and prevent a sugar crash, says Stacey Whittle, RDN, a dietitian in Santa Monica, Calif.
B: 3. Carbohydrates in the berries, banana and granola give you a punch of energy, while the generous amount of protein and bit of fat in the yogurt help sustain it.
C: 1. The sandwich has a balanced mix of quality fuel, like protein (turkey), carbs (whole-grain bread), healthy fats (avocado) and fiber (whole-grain bread and cucumber).



9 What do you think is wrong with this picture?

ANSWER: Clutter can mentally drain you. "If you're sitting in front of a disordered mess, parts of the brain are using energy asking, 'What's that stuff there? What's it doing?'" explains Matthew Edlund, MD, director of the Center for Circadian Medicine in Sarasota, Fla. And when your mind is tapped out, you don't have the get-up-and-go to do actual work. If you regularly fall victim to the midafternoon crash at the office, it's time to tidy up.

10 WHICH IS THE MOST ENERGIZING COLOR TO LOOK AT?



A Red **B** Yellow **C** Blue **D** Green

ANSWER: A. Research has linked seeing red to feelings of excitement, stimulation and strength, as well the urge to get active. (All the more reason to snag a red workout tank!) One study even found that certain types of Olympic athletes win gold more often while wearing red uniforms.



11 Match the A-lister to her energy strategy.

A Miranda Lambert	**B** Julia Louis-Dreyfus	**C** Drew Barrymore	**D** Beyoncé
1 *"I started exercising to feel more fit and have more energy. Then it snowballed into 'Oh, I feel good, and I want to keep it going.'"*	**2** *"I eat a lot of protein and eat pretty clean. Junk food drags you down."*	**3** *"If you live your life with kindness and giving other people great energy, that beauty and great energy comes back to you."*	**4** *"Caffeine and sugar—it's magic. It makes me happy."*

ANSWER: A: 2; B: 4; C: 1; D: 3

12 MULTITASKING:

A Energy saver or
B Energy zapper?

ANSWER: B. Doing a lot of stuff at once is a brain suck, per a study in the *Journal of Experimental Psychology*, because switching mental gears burns cognitive resources, tiring your brain and causing you to lose focus faster. And feeling mentally spent will make you exhausted, even if it's just in your mind. On the flip side, when we do things one at a time, "it's easier to get into a flow state, where we're so engaged in the process that we don't even notice time going by," Edlund says. "That's when we feel most energized."

13 RANK THESE SIPS FROM MOST CAFFEINATED TO LEAST.



A Regular coffee **B** Cappuccino **C** Espresso **D** Black tea **E** Chai latte **F** Green tea

ANSWER: C, A, B, D, E, F. Espresso has about 75 milligrams of caffeine per ounce; regular coffee packs 180mg per 8-ounce cup; a cappuccino has 75mg per cup; black tea has 70mg per cup; a chai latte has 50mg per cup; and green tea has 45mg per cup.

IF YOU GOT...

1 TO 4 RIGHT: SERIOUS SLUMPER
Feel like you could pass out right now reading this? Time to take the energy-boosting tips in this story to heart.

5 TO 8 RIGHT: PART-TIME PERKY
While you clearly know a thing or two about pumping yourself up, you need more habits that give you lasting energy—not just quick fixes.

9 TO 13 RIGHT: ENERGY ACE
Congrats on being such a spark plug. Just make sure to build some downtime into your day—it's restorative, too.

DESK: SILVIA JANSEN/GETTY IMAGES; LAMBERT: LARRY BUSACCA/GETTY IMAGES; LOUIS-DREYFUS: JASON LAVERIS/FILMMAGIC; BARRYMORE: GABE GINSBERG/WIREIMAGE; BEYONCÉ: AXELLE/BAUER-GRIFFIN/FILMMAGIC; COFFEE AND ESPRESSO: ZORAN KOLUNDZIJA/GETTY IMAGES; CAPPUCCINO: ISTOCKPHOTO; BLACK TEA: IMAGEMORE CO, LTD/GETTY IMAGES; CHAI: ANTHIA CUMMING/GETTY IMAGES; GREEN TEA: GIORGIO SCARLINI/GETTY IMAGES



Health's medical editor, ***ROSHINI RAJAPAKSA, MD,*** is assistant professor of medicine at the NYU School of Medicine and co-founder of Tula Skincare.

Our Doc Will See You Now

Is it risky to be on the pill forever? Could your distraction be ADHD? Dr. Raj solves your conundrums.



Your BFF may be an MD, but asking for health help over martinis isn't a great idea.

Is it OK to ask my doctor friends for medical advice?

▶ Sorry, but you can't skip the doctor's office because you can Facebook chat with your girlfriend who just happens to be an MD. The problem with asking a friend to casually weigh in is that she isn't formally seeing you in her office, so she's likely not getting a complete picture of your health issue. To correctly diagnose or treat you, a physician needs to take a full medical history and examine you in person.

On top of that, friendship can impair a doctor's judgment and her ability to be honest with you. This is the same reason that doctors have their own physicians; everyone needs an unbiased confidant when it comes to their health. Plus, depending on how close you two are, you may not want to discuss all the intimate details of your problem—when talking to your doctor, however, your privacy is protected by law.

So, without question, it's best to seek medical advice in a professional setting from someone whose job it is to address your concerns completely. While it may be safe to ask a pal if you have a quick, minor question (for example, about a lingering cough), chances are she'll tell you to see your doctor anyway.

WHO KNEW?

63%

OF WOMEN HAVE TRIED MEDITATION TO HELP WITH A HEALTH PROBLEM.

SOURCE: Health.com poll

I've been on the pill for almost 10 years now. Is that bad?

▶ In general, as long as you're healthy and you don't smoke, you can take birth control pills as long as you want, up until a few years postmenopause. Oral contraceptives are among the best-studied drugs available, with more than 50 years of research backing their safety. Some doctors used to prescribe regular breaks from the pill, but this is no longer advised because it makes no difference to your health (and can lead to an unwanted pregnancy!). It's also a myth that use of the pill affects fertility in the long term; research reveals that women who have been on the pill have the same odds of becoming pregnant as women who have never taken it.

That said, like any medicine, the pill does come with some risk. For example, stroke or blood clots can happen, especially if you smoke or have high blood pressure. And long-term use (defined as longer than five years) has been associated with an increased chance of cervical cancer. Some studies suggest that the pill may also put you at a slightly higher risk of breast cancer. However, all these diseases are still rare among younger women. Plus, other research shows that the pill may actually help protect against cancers of the ovaries and endometrium (the lining of your uterus).

Ultimately, sticking with the pack is a decision you should make with your doctor, weighing your personal risk factors, lifestyle and family history to gauge what's right for you.

I get plenty of sleep, so what's with these dark undereye circles?

▶ A lack of z's isn't the only potential cause of the shadows under your eyes. One common culprit: seasonal allergies. Constant congestion can affect blood flow to your sinuses, making the vessels under your eyes swell. This, in turn, brings on that purplish hue and what some experts call allergic shiners—enlarged veins showing through the delicate skin under your eyes. If you've also got itchy, watery eyes on account of allergies, rubbing them can make your shiners appear worse because it adds to the irritation in the area. An allergic reaction to any foundation, eye cream or other skin product can have a similar effect.

To solve the problem, focus on nixing your allergy symptoms.

HEAD SHOT COURTESY OF ROSHINI RAJAPAKSA

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You can soothe itchy, irritated eyes and congestion with antihistamines and nasal sprays. Be sure to take your allergy medication regularly to stay ahead of reactions. Your doctor can help you do a skin patch test to make sure that the issue isn't your beauty routine.

Dark undereye circles are also a common symptom of eczema, a chronic skin condition that usually starts in childhood and causes red, itchy rashes. These flare-ups are brought on by specific triggers, such as irritants in certain soaps, fabrics and even foods. The repeated inflammation can lead to darkening of delicate eyelid skin due to rubbing and lack of moisture. (People with eczema often struggle with seriously dry skin.) So it's very important that you moisturize daily with a gentle eye cream that doesn't contain any of your triggers. If your eczema is flaring up more than usual, ask your dermatologist about prescription creams that can help calm your skin and possibly brighten your eyes.

Finally, as you age, the skin under your eyes becomes thinner and loses collagen, making it more translucent and allowing veins to show up more. (Sadly, some people, especially those of Mediterranean or Middle Eastern descent, are more prone to undereye circles, as they're an inherited trait.) An eye cream that contains retinol can help boost collagen production and reduce dark circles. And always wear sunglasses outdoors and slather on your SPF 30 every day, as UV radiation can further thin your skin.



3 PROVEN PMS CURES

Around 75 percent of women get mood swings, bloating and other problems associated with premenstrual syndrome, and it tends to get worse in your mid-30s and into your 40s. Try these research-backed ways to tame the PMS beast.

CALCIUM

▶ Getting at least 1,200 milligrams a day of calcium via food or supplements may help reduce the severity of mood swings, fluid retention, cravings and cramps. A 2009 review found that of 62 herbs, vitamins and minerals suggested for PMS, calcium was the only one that really worked.

EXERCISE

▶ A 2014 study found that treadmill training three times a week for three months decreased PMS symptoms like fatigue and poor concentration. Aerobic exercise also leads to an endorphin release, which may help with low mood.

MEDICATIONS

▶ Certain birth control pills, antidepressants or anxiety medications may help regulate your moods if symptoms are severe. You can also ask your doc about diuretics to help with bloating and about painkillers for cramps or headaches associated with PMS.

I really can't focus and constantly feel frazzled. Would it hurt to try ADHD medication?

▶ Before you even think about drugs, it's important to get the correct diagnosis. Stress and lack of sleep, as well as anxiety or depression, can cause problems with concentration, and all these things require specific treatments. Look back to when your issues started. If symptoms began only recently, they're more likely due to increased stress or a lack of sleep. If they've been going on for a month or more and you're also feeling sad or hopeless, getting headaches or having trouble making decisions, you may have depression or an anxiety disorder.

Many people think that ADHD (attention-deficit/hyperactivity disorder) is all about an inability to focus, but it actually involves much more than that. Other symptoms may include poor impulse control, restlessness, chronic disorganization and unstable relationships. If you do have ADHD, it's likely that you not only have trouble focusing on certain tasks or sitting still but also consistently miss work deadlines or meetings because of an inability to manage your time. You may also tend to have angry outbursts or find it difficult to wait in line or get through minimally stressful situations without feeling overwhelmed. Because of increasing news reports on the rise of adult ADHD diagnoses, another common misconception is that the condition can start in adulthood. In reality, ADHD always begins in childhood, though some people don't get a diagnosis until later in life.

So the best advice is to speak to a mental health professional about your current symptoms as well as patterns in your past. If you are diagnosed with ADHD, a psychiatrist may recommend stimulants along with targeted talk therapy. But this isn't a decision to take lightly. Medications used to treat ADHD can have side effects such as insomnia or irritability, and it may take some trial and error to come up with the right medication and dosage that helps without causing new problems. Even with drugs, most adults with ADHD still need targeted talk therapy to help them learn to manage time, prioritize tasks and get organized.

WHO KNEW?

72%

OF WOMEN WOULD LOVE TO CHANGE THEIR BRA SIZE.

SOURCE: Health.com poll

Should I ask my doctor to test my vitamin levels?

▶ Nope, you can skip the extra screenings. The latest science says that there's no need to do blood tests for B_{12}, iron, calcium or even vitamin D unless you're experiencing symptoms of a deficiency or you have a condition, like celiac or inflammatory bowel disease, that predisposes you to one. Though there has been a lot of buzz in the past few years about the health effects of low vitamin D levels, the U.S. Preventive Services Task Force recently reviewed the research and determined there's no evidence that regular screening is helpful. In fact, routine screening tests (say, to check blood counts) are no longer recommended for healthy women unless there are signs of a problem.

Instead of worrying about your vitamin levels, focus instead on eating a well-balanced diet full of nutritious whole foods like leafy greens, colorful produce, lean proteins and whole grains; these foods will get you all the vitamins you need. And be sure to touch base with your doctor regularly. Healthy women need to get a physical exam every five years in their 20s and 30s (along with a blood pressure check every two years). If you're over age 40, make an appointment every other year. ■

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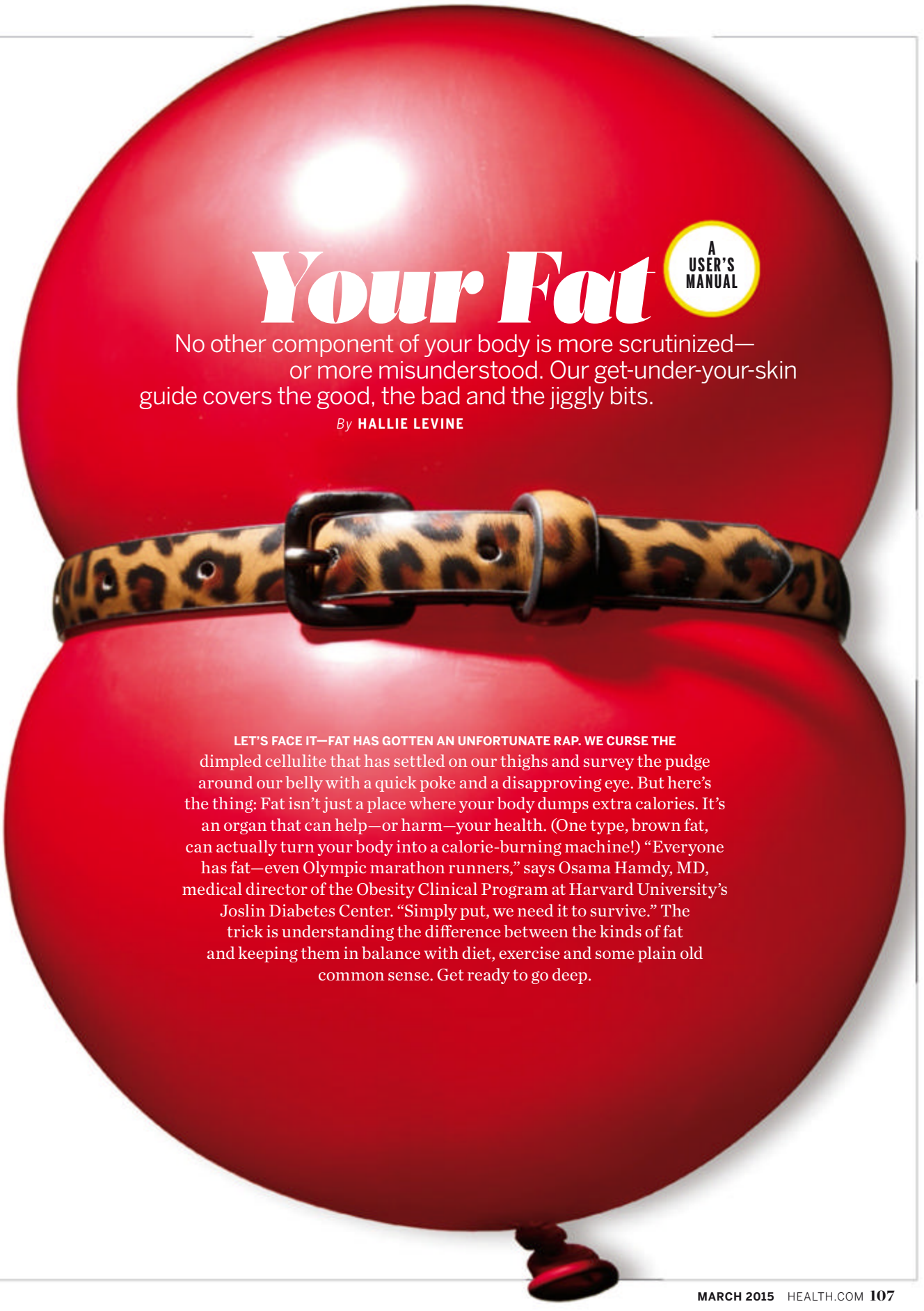
*US Water study 2014: Toluna, a leading market research firm, conducted the survey online with 3,680 nationally representative U.S. adults ages 18+ between November 2 - November 8, 2014

Your Fat

A USER'S MANUAL

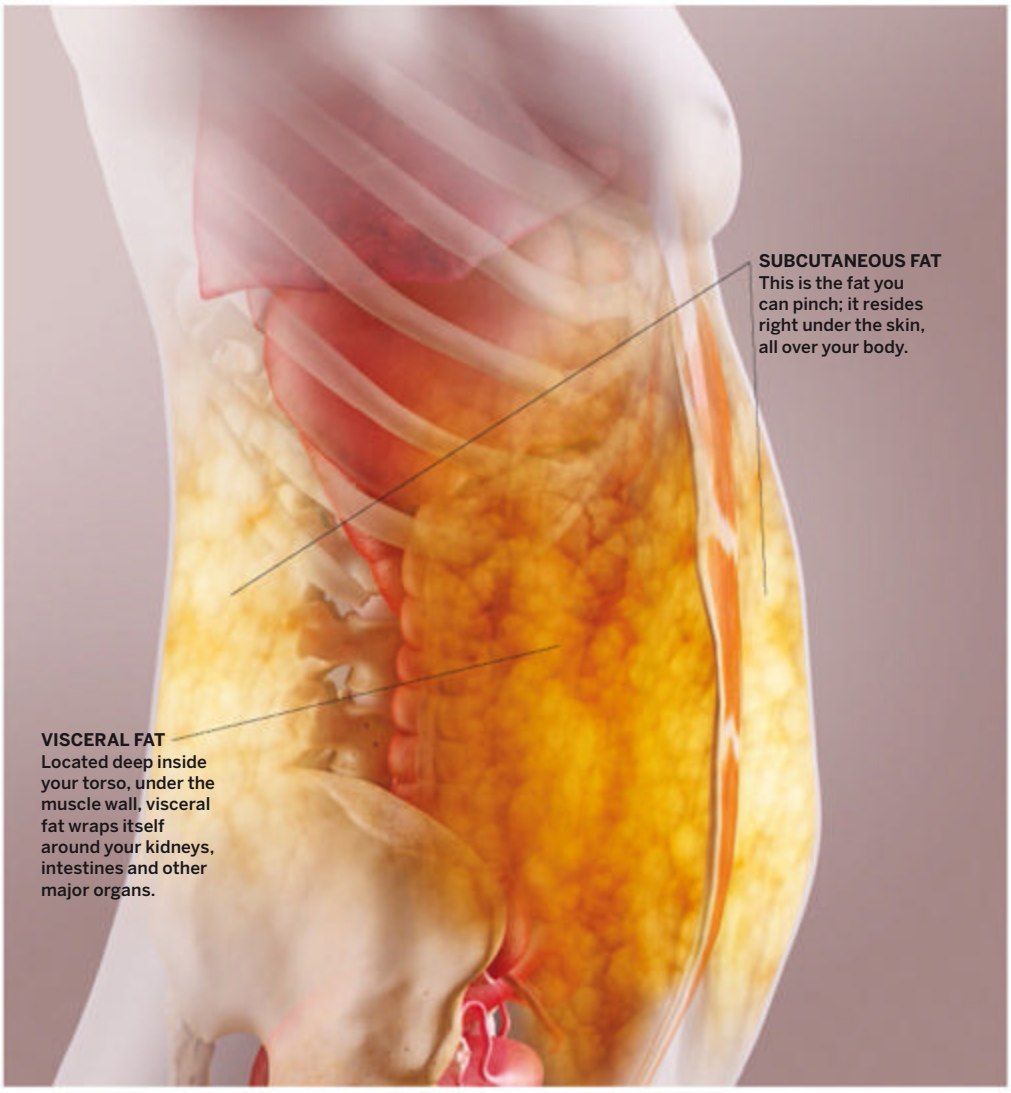
No other component of your body is more scrutinized—or more misunderstood. Our get-under-your-skin guide covers the good, the bad and the jiggly bits.

By **HALLIE LEVINE**



LET'S FACE IT—FAT HAS GOTTEN AN UNFORTUNATE RAP. WE CURSE THE dimpled cellulite that has settled on our thighs and survey the pudge around our belly with a quick poke and a disapproving eye. But here's the thing: Fat isn't just a place where your body dumps extra calories. It's an organ that can help—or harm—your health. (One type, brown fat, can actually turn your body into a calorie-burning machine!) "Everyone has fat—even Olympic marathon runners," says Osama Hamdy, MD, medical director of the Obesity Clinical Program at Harvard University's Joslin Diabetes Center. "Simply put, we need it to survive." The trick is understanding the difference between the kinds of fat and keeping them in balance with diet, exercise and some plain old common sense. Get ready to go deep.

BALLOON, YASU + JUNKO/TRUNK ARCHIVE



FAT TYPE No. 1

SUBCUTANEOUS FAT

WHERE IT IS Directly underneath your skin. Subcutaneous fat can be anywhere: not just in your belly and tush but your arms, legs—even your face.

WHAT IT DOES In addition to storing energy and providing essential padding for your body, it has another important job: It generates the hormone adiponectin, which helps regulate insulin production. "Paradoxically, the fatter you are, the less adiponectin you produce, which means that your body has trouble regulating insulin, increasing the risk of heart disease and diabetes," Dr. Hamdy says.

HOW TO BLAST IT OFF Cutting calories is crucial for overall weight loss, but getting moving counts, too: Women who walked, cycled or took public transportation to work had about 1.5 percent less body fat than those who drove, according to a U.K. study published this past August. "It's proof that those little bursts of activity count when it comes to burning fat," notes Pamela Peeke, MD, author of *Body for Life for Women*. "Even just walking from the train station or bus to your office can burn on average an extra hundred calories."

Already active? Ramp it up. "When you take your workout up a notch, you reach VO2 max—that's the level of exertion where you have the optimal breakdown of body fat," Dr. Peeke explains. "It also fools your body into thinking that you're working out minutes after you've stopped, so you're still burning calories."



GET A GRIP!

The best way to determine whether you're carrying too much flab: Check your body fat percentage. A healthy range is between 20 and 25 percent for young women and up to 30 percent after age 50, Dr. Peeke says. Skip the skin calipers (they pinch the skin around your upper arm, thigh and stomach); results can be off by as much as 5 percent. Dr. Peeke's rec: an at-home bioelectrical impedance scale, which sends an electrical current through your body and measures how fast it returns. (Brands like Tanita can cost as low as $35.) Other methods, such as underwater weighing (you're dunked into a pool to measure your body fat) and DEXA scans (which use an X-ray to determine body composition, including body fat, lean muscle and bone density), are more accurate, but you'll have to go to a health clinic to get measured.

CALIPERS: DAVID TOASE/GETTY IMAGES

ILLUSTRATIONS BY JAMES ARCHER/ANATOMY BLUE



THE SKINNY ON CELLULITE

Skin dimples happen when subcutaneous fat cells collect in pockets and push against the connective tissue under your skin. Minimize their appearance by staying at a healthy weight and exercising—more muscle equals tauter skin. Caffeine-infused creams (like Clarins Body Lift Cellulite Control) can temporarily de-puff fat cells for a smoother look.

90% *OF WOMEN IN THE UNITED STATES HAVE CELLULITE. (FEEL BETTER?)*

FAT TYPE No. 2

VISCERAL FAT

WHERE IT IS Nestled deep within your belly, where it pads the spaces around your abdominal organs. You can't feel or grab it.

WHAT IT DOES Visceral fat has been dubbed "toxic" fat, and for good reason: "It secretes inflammatory proteins called cytokines that affect insulin production and increase inflammation throughout the body, which raises the risk of developing type 2 diabetes and heart disease," Dr. Hamdy says. You can't directly measure visceral fat unless you undergo an MRI or a CT scan. The next best thing? Grab a tape measure and wind it around your waist; if your midsection is more than 35 inches, you most likely have too much visceral fat, Dr. Hamdy says. A Mayo Clinic study published last March found that Caucasian women with waist sizes above 37 inches were more likely to die from heart or respiratory disease. Another sign of trouble: Your numbers are off, meaning you've got low HDL (good) cholesterol and elevated blood glucose and triglyceride levels. "When a woman who has been lean most of her life gains 10 to 20 pounds at age 40 or so, she may not even be technically overweight, but it's usually visceral fat that's adding the extra weight," explains Caroline Cederquist, MD, a bariatric physician based in Naples, Fla., and author of *The MD Factor Diet*.

HOW TO BLAST IT OFF "To mobilize visceral fat, a balanced diet is essential," Dr. Cederquist says. "Eat lean protein throughout the day, while controlling your carb and fat intake." For keeping visceral fat off, cardio is the way to go: A 2011 Duke University study found that regular aerobic exercise—the equivalent of jogging about 12 miles a week at 80 percent max heart rate—was the best workout for losing visceral fat in particular.

a lifetime of pudge

CHILDHOOD

The number of fat cells you have is set early on, so you don't actually get more of them when you gain weight. Instead, those fat cells swell as triglycerides (i.e., fatty acids) are stored in them. If enough fat cells expand in size, your body begins to, well, expand too. Boys tend to be born with more fat cells in their belly, while girls are born with more fat cells in their hips, thighs and butt, in preparation for storing fat during pregnancy.

ADOLESCENCE

Between the ages of 9 and 19, the volume of fat in girls more than doubles, due in part to a surge of the female hormone estrogen. "Your body starts producing estrogen in preparation for having a baby and nursing years down the road. That estrogen helps fuel the growth of fat cells," Dr. Peeke says.

POST-PREGNANCY

Yep, it's hard to shed that extra fat after having a baby. "It's reserve storage for the demands of breast-feeding," Dr. Peeke says. A throwback to caveman days, it's a safety device to ensure new mothers can feed their babies in times of famine. So even though breast-feeding burns about 500 calories a day, your body is hardwired to hold on to some fat deposits—and you may not lose those last 5 or 10 pounds until after you wean.

MENOPAUSE

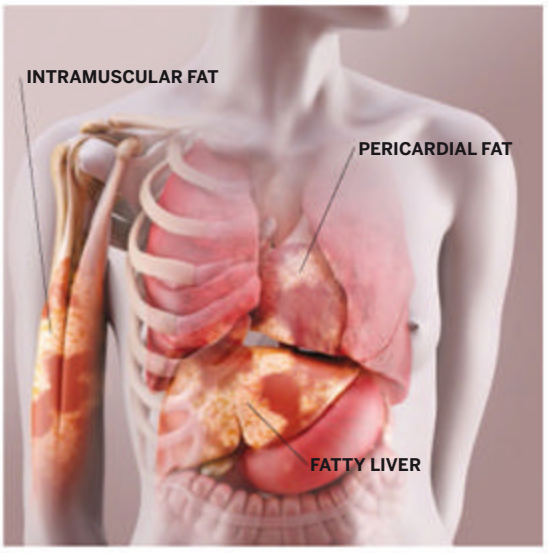
Until this point, most women still store fat around their lower half, but once they go through menopause, their fat storage patterns mimic men's—which means you may start sporting what looks like a beer belly. (See 3 Ways to Burn Flab Faster, next page, for tips on how to trim some of this tummy off.)



ORANGE, PHILLIP HAYSON/GETTY IMAGES; BABY, SIRI STAFFORD/GETTY IMAGES

the scary place fat can hide

Ectopic fat has the same metabolic properties as visceral fat, but instead of padding your abdominal organs, it settles in your heart, liver, pancreas and muscles. "Most of us have only a few pounds of ectopic fat," Dr. Hamdy says. "Even so, it's dangerous because it's inside vital organs and can increase the risk of heart disease, liver damage and type 2 diabetes." The best way to tell if you have ectopic fat is by getting an MRI or a CT scan. Keep it at bay by staying active. The more you sit, the more likely you are to have this fat around your heart, according to a University of California, San Diego study.



CAN YOU BE HEAVY AND HEALTHY?

Some research says yes, but a 2013 study found that while overweight people may have a higher life expectancy than normal-weight folks, they spend those years in poorer health. "While certain types of fat—particularly subcutaneous fat—may not have the impact on your heart that visceral fat does, they can affect your quality of life," Dr. Peeke says. "If you're heavy, you're more likely to develop osteoarthritis or just have trouble moving around."



FAT TYPE No. 3

BROWN FAT

WHERE IT IS Mainly around your neck, collarbone and chest. For years, researchers assumed that it was present primarily in infants, helping to keep them warm, and that it gradually disappeared during childhood. But in 2009, studies revealed that some adults still have brown cells.

WHAT IT DOES This buzzed-about "good" fat becomes metabolically active when we're exposed to cold temperatures, burning up energy. "Since brown fat is used to generate heat, it burns more calories at rest," says Ruth Loos, MD, professor of preventive medicine at Mount Sinai Hospital in New York City. Fifty grams (about 4 tablespoons) of brown fat, if maximally stimulated, could torch about 300 calories a day.

HOW TO BEEF IT UP Since brown fat is activated by cold, prepare to shiver. According to a study in *Cell Metabolism,* folks who spent 10 to 15 minutes in temperatures below 60 degrees produced a hormone called irisin, which appears to make white fat cells act like brown fat; they got a similar boost from an hour of moderate exercise at warmer temps. And keep your thermostat low: An Australian study showed that men who lived in homes set to 66 degrees generated 40 percent more brown fat than when they lived in higher temps.

3 WAYS TO BURN FLAB FASTER



RESISTANCE TRAIN
A strength workout that incorporates high intensity interval training (HIIT) will help burn calories—and fat stores—at a higher rate than straight sets, says trainer Gunnar Peterson. The drill: Do eight reps of different types of body-weight resistance activities (chin-ups, squats, burpees, etc.), alternating 20 seconds of work with 10 seconds of rest.



REST
A Brigham Young University study found that women who slept between 8 and 8 ½ hours a night had the lowest levels of body fat. Why? Lack of sleep can wreak havoc on hormones that control fat metabolism.



RELAX
Doing yoga can reduce cortisol levels (high levels of the stress hormone are linked to belly fat). Obese postmenopausal women who practiced yoga for 16 weeks reported significant reductions in visceral fat, according to a Korean study.

sweet!

HEALTH PERK

BROWN FAT MAY HELP REDUCE YOUR RISK OF DIABETES, ACCORDING TO A 2014 STUDY. HOW? IT VACUUMS UP EXCESS GLUCOSE FROM YOUR BLOOD.

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WHAT'S GOING ON IN THERE?

How fat affects all your parts.



YOUR HEAD
The risk of migraines increases by almost 40 percent in younger women with general or belly obesity, according to the American Headache Society.

YOUR BRAIN
Being underweight was associated with a 36 percent higher risk of developing dementia, while being obese conferred a 42 percent higher risk, per a study done at the Johns Hopkins Bloomberg School of Public Health in Baltimore.

YOUR BONES
A Japanese study found that postmenopausal overweight women had a higher risk of getting vertebral fractures; superskinny women were more likely to suffer fractures in the neck and long bones (like the shin, thigh or forearm).

YOUR BREASTS
After menopause, women who are overweight have a 30 to 60 percent higher breast cancer risk than those at a normal weight.

YOUR HEART
One study found that overweight folks have a 32 percent higher risk of coronary artery disease than those at a normal weight.

YOUR OVARIES
Six percent of infertility cases are due to being overweight and 6 percent to being underweight, says the American Society of Reproductive Medicine.

YOUR BLOOD SUGAR
According to a Canadian study, women who had BMIs higher than 30 had a twelvefold higher risk of developing type 2 diabetes.

YOUR KNEES
A U.K. study found that overweight women had six times the risk of developing knee osteoarthritis as their lean counterparts.

THE BEST FAT-FIGHTING FOODS



DAIRY
People who downed more dairy while on a low-calorie diet lost 2½ more pounds of fat than those who didn't, according to a review published in the *International Journal of Obesity.*



PROTEIN
Research has shown that folks lose more visceral fat on a low-carb diet than on a low-fat diet that's high in carbs, Dr. Hamdy says.



OATMEAL
For every 10-gram increase in soluble fiber a day, visceral fat was reduced by 3.7 percent over five years, per a study at Wake Forest University in Winston-Salem, N.C.



VEGETABLE OIL
Polyunsaturated fats (including omega-6-rich oils like safflower, soybean and corn) may help prevent you from gaining visceral fat—and even help you build muscle, according to a Swedish study.



FATTY FISH
Like their omega-6 polyunsaturated cousins, omega-3s (found in salmon, tuna, mackerel and sardines, as well as flaxseed and walnuts) may help whittle your middle.

16%

→ *THAT'S THE INCREASE IN THE NUMBER OF LIPOSUCTION PROCEDURES PERFORMED IN THE U.S. IN 2013, COMPARED WITH THE PREVIOUS YEAR, PER THE AMERICAN SOCIETY OF AESTHETIC PLASTIC SURGERY.*

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“BODY IMAGE IS VERY CLOSE TO MY HEART”

THE *BIGGEST LOSER* HOST ALISON SWEENEY ON RAISING CONFIDENT GIRLS, DRESSING FOR THE BODY YOU’VE GOT AND FINDING YOUR OWN BEST FITNESS RUT-BUSTER.

BY MONICA CORCORAN HAREL / PHOTOGRAPHY BY ALEXEI HAY





Nili Lotan camisole dress; nililotan .com. Necklace and bangle bracelets by Maya Brenner; mayabrenner.com. Rings, Alison's own.

"THREE INCHES? THAT'S NOTHING! I CAN ROCK 4-INCH HEELS," ALISON SWEENEY SAYS, TALKING ABOUT WHAT MAKES HER FEEL SEXY.

"I'm short, so I can get away with a lot of high heels." Impressive. But can the host of *The Biggest Loser* sprint in those sky-high stilettos, too? "Probably," the actress (who goes by Ali) says with a laugh, between bites of a lunch of Cobb salad at an outdoor Los Angeles café.

No doubt she would trot off on a dare. The 38-year-old is crazy for challenges. "I like doing things that are hard. I like pushing myself," she says of the drive that helped her land the role of conniving Sami Brady on *Days of Our Lives* at just 16. Last May—after 21 years on the job—Ali bid so long to the TV soap (and 6 a.m. call times) to spend more hours with her California highway patrol officer husband, Dave Sanov, and their kids Ben, 10, and Megan, 6."This is the first really big change I've had in a long time," she admits with a sigh. "Change makes me a little nervous."

It's a rare moment of vulnerability for a naturally upbeat superachiever. But a few moments later, Ali leans forward to tick off her newest projects: finishing up writing her third novel, directing episodes of *General Hospital* and starring in TV movies for the Hallmark Channel. Still, compared with the grind of a daily soap, her new schedule seems almost breezy: "I might even be able to sleep in once in a while!"

On *Days of Our Lives*, you played a total bad girl. Do you miss acting outrageous?
> I miss the challenge of trying to make sense of Sami's crazy behavior. I worried that it would be weird not to experience all those dramatic emotions every day. But in some ways, I've relaxed because I don't have to keep them so close to the surface all the time.

Have your workout habits changed recently?
> I used to get on a treadmill, watch *Scandal* and 48 minutes later, I'm like, "I got a good workout." But it's important to pay attention to what you're doing. There are mirrors in a gym because you're supposed to be looking at yourself. There's a mindfulness to fitness.

Do you love to work out?
> Hmm. [*Laughs*] I love how I feel afterward.

What do you do when you get in a rut?
> I sign up for races because they keep me honest. I may not run a 26.2-mile marathon again, but I run half marathons because they're hard and intimidating. I'm like, "Oh, I better run tomorrow."

Are you more committed to staying fit while you're filming *The Biggest Loser?*
> Oh yeah. Being a part of the show has taught me so much, and there's a healthy mind-set that I've adopted. I want to have that positive outlook on life.

Body confidence is such an important issue on the show. How do you keep yours up?
> We had a contestant this season who said she was going to love herself when she got to her target weight. I almost started to cry. As a mother of a daughter, I couldn't lose the opportunity to explain that there will always be something. You need to learn to love yourself no matter what your situation is. Body image is an issue very close to my heart.

Your daughter is only 6. Has it come up already?
> Not yet. She's so young, but I've heard her use words like *skinny.* Around her, I'm hyperaware of all those habits women have—or, I have—of apologizing for my body. If I'm wearing a bikini, I don't want to wrap up in a towel or be the first person to point out my faults. I think, "I'm just going to wear this bathing suit and play with my kids and not think about it."

You acknowledge that we all have negative thoughts.
> I struggle with them. There's something human in that. It's not that the feelings are wrong. It's what you *do* about it that means something. You might say, "Oh, my arms" when you look in the mirror. But if you let it bring you down, you're allowing that feeling to take over. Acknowledge the thought and let it move on. That's something you have to practice, and you *can* get good at it.

Do you keep clothes that don't fit as incentive?
> No. In general, you shouldn't buy clothes that don't look good on you. Like, I'm short. I can't wear clothes that look good on Heidi Klum.

You're coming up on 15 years of marriage. How will you two celebrate?
> Every year on our anniversary, we have a dinner date and talk about how our relationship is going. We kind of give each other a job evaluation, which sounds a little embarrassing! We talk about our three favorite things about the other person and then three things that we could work on.

And speaking of milestones, you turn 40 in 2016. Will you go all out or pretend it never happened?
> I love birthdays. So I'm down for any excuse to celebrate and be with my friends. On *Days of Our Lives*, my character became a mother when I was 18. Two years ago, I became a grandmother on the show, and people teased me about that. So there goes that milestone, too!



WOULD YOU RATHER...

WEAR LIPSTICK OR GLOSS?
▶ Definitely lip gloss. Lipstick is hard to apply. You need a mirror and you have to pay attention. You can just glop on gloss anywhere.

HOT DATE OR HBO MARATHON?
▶ With an HBO marathon, I know what I'm getting. Hot date—you're in uncomfortable clothes in some fancy restaurant and eating food you don't really like.

HIKE OR RUN ON THE TREADMILL?
▶ A hike—I love the outdoors. You get to choose your path; it might get steeper. Maybe there's wind in your face. You can't dictate to Mother Nature.

BLOWOUT OR AU NATUREL HAIR?
▶ I have to blow-dry my hair because it's stick straight and thin. If I don't, it looks really flat. I did it today. Pretty good, right?

Kora Rae wrap dress; korarae.com. Barneys New York sandals; barneysny.com.



I WORRIED WHAT IT WOULD BE LIKE TO HAVE FREE TIME, BUT I'M SO HAPPY.

This page: James Perse long-sleeve shirt; at Bloomingdale's. Opposite: Haute Hippie asymmetric dress; hautehippie.com.

STYLING BY KAREN SHAPIRO

HAIR BY DAVID KEOUGH FOR DAVINES/CELESTINE AGENCY

MAKEUP BY CORINA DURAN RABICHUK FOR EXCLUSIVE ARTISTS USING TARTE COSMETICS

MANICURE BY MARIEL PIZARRO

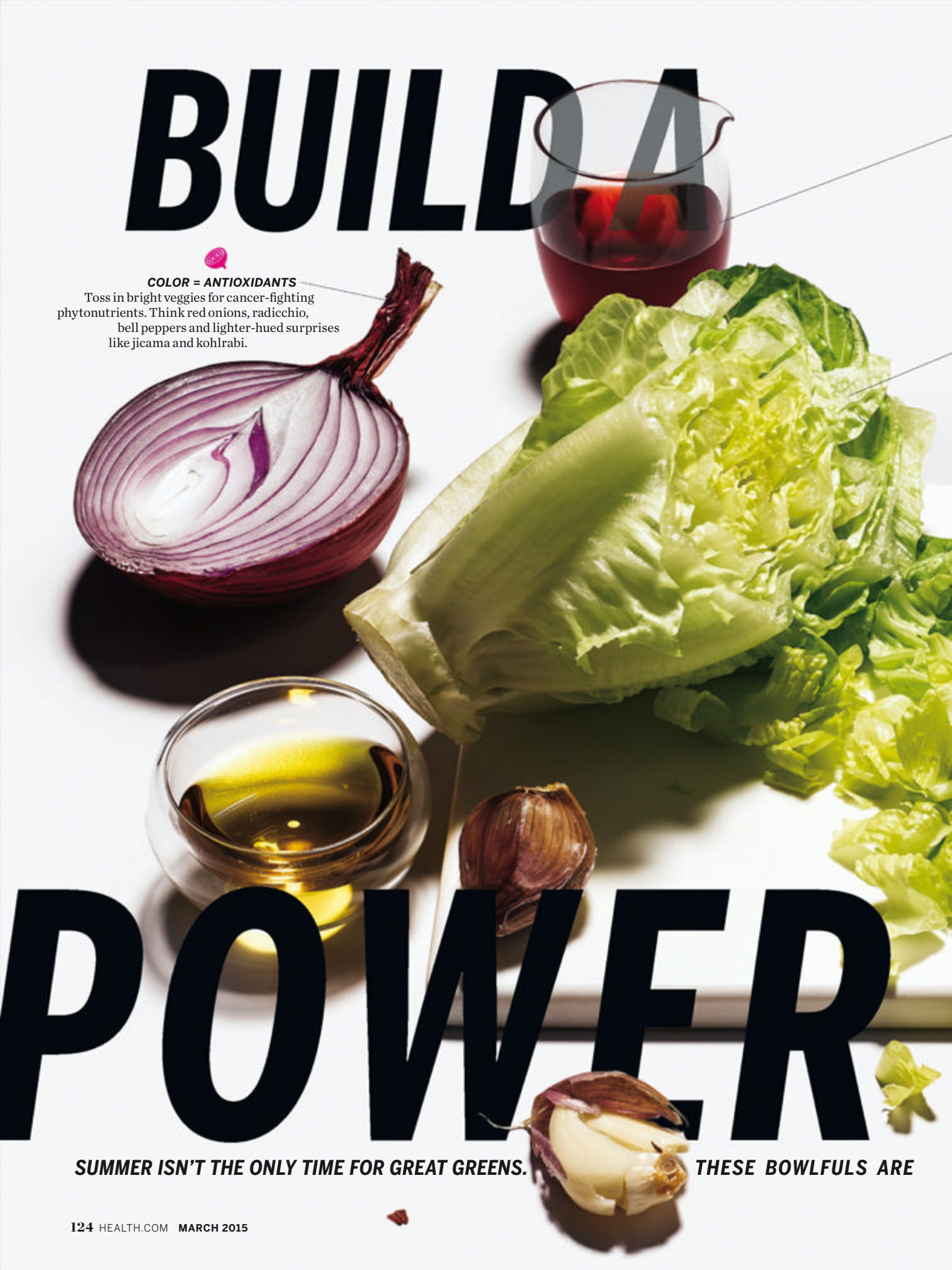
SCAN TO SHOP!

SCAN THIS PHOTO TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 8).



I SET POSITIVE GOALS FOR MYSELF. IT'S ABOUT BEING HEALTHY RATHER THAN BEING SKINNY.

BUILD A POWER



COLOR = ANTIOXIDANTS
Toss in bright veggies for cancer-fighting phytonutrients. Think red onions, radicchio, bell peppers and lighter-hued surprises like jicama and kohlrabi.

SUMMER ISN'T THE ONLY TIME FOR GREAT GREENS. THESE BOWLFULS ARE



DO DRESSING
Whip up a vinaigrette with extra-virgin olive oil, lemon juice or vinegar and garlic, shallots or herbs. Add mustard for a richer dressing, or use plain yogurt for a creamier one.

LEAN PROTEIN MATTERS
Tuna, chicken, shrimp and beans bump up the satiety factor, so you won't be craving munchies a half hour later.

THE PERFECT BASE: SUPERGREENS
Take your pick—romaine gives you vitamins A and K; spinach and kale deliver those plus vitamin C and manganese; escarole has folate.

CHOOSE YOUR FATS
A sprinkling of nuts and seeds or a few slices of avocado add healthy fat, protein, fiber and other nutrients. Or use a bit of cheese. You'll save calories with a strong variety (Parmesan or feta), since a little goes a long way.

SALAD

DELICIOUS, TRULY FILLING AND A SURE CURE FOR THE WINTER BLAHS.

RECIPES DEVELOPED BY LORI POWELL PHOTOGRAPHY BY TRAVIS RATHBONE



PREVIOUS SPREAD: ONION ICON, LUIS PRADO/THE NOUN PROJECT; OIL ICON, ANTONIO VICIEN FAURE/THE NOUN PROJECT; LETTUCE ICON, ALESSANDRO SURACI/THE NOUN PROJECT; SHRIMP ICON, MARCELO NOVITA/THE NOUN PROJECT; NUT ICON, MARCO GALTAROSSA/THE NOUN PROJECT

MEXICAN CHICKEN AND VEGETABLE SALAD

Prep: 25 minutes
Serves: 4

- 3 cups shredded skinless, boneless cooked store-bought rotisserie chicken
- 2 Tbsp. extra-virgin olive oil
- 3 Tbsp. fresh lime juice
- 1 Tbsp. chili powder
- ¼ tsp. salt
- 3 cups packed torn radicchio (about 4 oz.)
- 1 cup chopped jicama (about 5 oz.)
- 2 avocados, halved, pitted and cubed
- ¼ cup cilantro leaves
- ¼ cup sliced almonds, toasted
- 2 scallions, sliced on a bias

1 In a large serving bowl, toss chicken with 1 Tbsp. oil, 2 Tbsp. lime juice, chili powder and salt.

2 Add remaining ingredients and remaining 1 Tbsp. each oil and lime juice; gently toss to combine until well coated. Serve immediately.

PER SERVING: *453 Calories, 29g Fat (4g Sat.), 99mg Chol., 10g Fiber, 37g Pro., 17g Carb., 575mg Sod., 2mg Iron, 66mg Calcium*

TUNA, BEAN AND ESCAROLE SALAD

Prep: 25 minutes
Serves: 4

- 2 Tbsp. fresh lemon juice
- 1 clove garlic, minced
- 2 tsp. chopped fresh rosemary
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. extra-virgin olive oil
- 7 cups packed chopped escarole (about 7 oz.)
- 2 5-oz. cans tuna packed in its own juices or in water, drained and flaked
- 1 15.5-oz. can cannellini beans, rinsed and drained
- 2 pieces jarred roasted bell peppers, drained and chopped (about ½ cup)
- 6 Tbsp. shaved ricotta salata or Parmesan, optional

1 In a small bowl, whisk together lemon juice, garlic, rosemary, salt and pepper. Slowly add oil in a stream, whisking, until emulsified.

2 Combine escarole, tuna, beans and roasted bell peppers in a serving bowl. Gently toss in lemon vinaigrette until coated. Sprinkle with cheese, if desired, and serve.

PER SERVING: *278 Calories, 13g Fat (2g Sat.), 30mg Chol., 6g Fiber, 23g Pro., 17g Carb., 699mg Sod., 3mg Iron, 96mg Calcium*

LOVE THOSE LEAVES
If you have leftover escarole, sauté in olive oil with garlic as a side, or stir into soup.

ROASTED CARROT SALAD

Prep: 25 minutes | **Cook:** 20 minutes | **Serves:** 4

- 1¾ lb. carrots (about 10 medium), peeled and halved lengthwise and crosswise
- 3 Tbsp. extra-virgin olive oil
- 1 tsp. salt
- ½ tsp. pepper
- 8 oz. lacinato kale (1 small bunch), coarse stems removed and leaves cut into bite-size pieces
- 3 Tbsp. fresh lemon juice
- 2 Tbsp. grainy mustard
- 1 tsp. honey
- ¼ cup finely chopped pitted dates (1½ oz.)
- ¼ cup shaved pecorino or Parmesan

1 Place a rack in center of oven; preheat to 450°F. In a medium bowl, toss carrots with 1 Tbsp. oil, ½ tsp. salt and ¼ tsp. pepper. Arrange in a flat layer on a large baking sheet. Roast, stirring occasionally, until golden brown in spots and tender, about 20 minutes.

2 Rub kale with remaining ½ tsp. salt and 1 Tbsp. lemon juice until softened. Divide among 4 plates. Whisk together mustard, honey and remaining ¼ tsp. pepper and 2 Tbsp. lemon juice. Slowly whisk in remaining 2 Tbsp. oil.

3 Top kale with roasted carrots. Drizzle with dressing and sprinkle with dates and cheese. Season with additional pepper, if desired, and serve.

PER SERVING: *271 Calories, 13g Fat (2g Sat.), 4mg Chol., 8g Fiber, 6g Pro., 37g Carb., 1,008mg Sod., 2mg Iron, 211mg Calcium*

CRUNCH TIME
Jicama, a refreshing root vegetable that's delicious raw, is a great source of fiber and vitamin C.



JUST ADD WATER
Dates hard? Soak them in hot water for a few minutes to soften, then thoroughly pat dry before chopping.

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 8.

THIS SPREAD: LETTUCE ICON, YI CHEN/THE NOUN PROJECT; UTENSILS ICON, ROAD SIGNS/THE NOUN PROJECT; WATER ICON, GILAD FRIED/THE NOUN PROJECT

TOASTED RYE BREAD PANZANELLA

Prep: 15 minutes
Cook: 20 minutes
Serves: 4

- 3 cups torn rye bread with seeds
- ½ cup apple cider
- ⅓ cup cider vinegar
- 1½ Tbsp. Dijon mustard
- 2 Tbsp. extra-virgin olive oil
- 8 oz. precooked chicken sausage, sliced
- 2 apples, halved, cored and cut into ½-inch cubes
- ½ small red onion, sliced (about ¼ cup)
- 2 large ribs celery, sliced (about ½ cup)
- 1 cup coarsely chopped parsley
- Salt and pepper

1 Preheat oven to 350°F. Arrange bread in a flat layer on a baking sheet and bake until pale golden, 8 to 10 minutes. Transfer to a serving bowl; let cool.

2 In a small bowl, whisk together apple cider, vinegar, mustard and 1 Tbsp. oil. In a large nonstick skillet, warm remaining 1 Tbsp. oil over medium heat. Cook sausage, turning, until golden brown on both sides, about 4 minutes total. Transfer to bowl with bread pieces. Add apples to skillet; cook, stirring, until golden and soft, about 6 minutes. Transfer to bowl with sausage and bread. Remove skillet from heat and pour in cider mixture, stirring and scraping up any browned bits.

3 Pour hot cider mixture into bowl with bread mixture; add onion, celery and parsley, tossing to combine well. Season with salt and pepper.

PER SERVING: *325 Calories, 16g Fat (4g Sat.), 63mg Chol., 6g Fiber, 12g Pro., 35g Carb., 942mg Sod., 2mg Iron, 63mg Calcium*

RYE NOT?
Research shows that rye can help control blood sugar and keep appetite in check, but look for whole-grain rye bread to reap these benefits.



(PICTURED ON OPENING PAGES)

MEDITERRANEAN CRISPY CHICKPEA SALAD

Prep: 20 minutes | **Cook:** 6 minutes | **Serves:** 4

- 3 Tbsp. extra-virgin olive oil
- ½ tsp. ground cumin
- ½ tsp. salt
- 1 15.5-oz. can chickpeas, drained and rinsed
- 1 clove garlic, minced
- 2 Tbsp. red wine vinegar
- 1 Tbsp. finely chopped fresh oregano
- ¼ tsp. pepper
- 3 cups chopped romaine, from 1 large heart
- ½ small English cucumber, chopped (about 1 cup)
- ¼ small red onion, chopped (about 3 Tbsp.)
- ½ cup coarsely chopped pitted kalamata or green olives
- ½ cup crumbled feta, optional

1 In a medium bowl, whisk together 1 Tbsp. oil, cumin and ¼ tsp. salt. Add chickpeas, stirring to coat. In a medium nonstick skillet, cook chickpea mixture over medium-high heat, stirring occasionally, until chickpeas are golden brown and slightly crisp, 4 to 5 minutes. Add garlic and cook, stirring, until golden and fragrant, 30 seconds. Transfer to a plate.

2 In a large bowl, whisk together vinegar, remaining 2 Tbsp. oil, oregano and ¼ tsp. each salt and pepper. Add romaine, cucumber, onion, chickpeas, olives and feta, if desired. Toss until well coated and serve.

PER SERVING: *224 Calories, 14g Fat (2g Sat.), 0mg Chol., 5g Fiber, 6g Pro., 19g Carb., 591mg Sod., 2mg Iron, 70mg Calcium*

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 8.

BREAD ICON, SALONI SINHA/THE NOUN PROJECT

INDIAN CAULIFLOWER AND QUINOA SALAD

Prep: 30 minutes | **Cook:** 20 minutes | **Stand:** 15 minutes | **Serves:** 6

- **2 Tbsp. extra-virgin olive oil**
- **1 Tbsp. plus 2 tsp. curry powder**
- **¾ tsp. ground cumin**
- **2 cloves garlic, minced**
- **Salt and pepper**
- **1 head cauliflower (about 2 lb.), trimmed and cut into small florets**
- **1 cup quinoa, rinsed**
- **½ cup plain whole-milk yogurt**
- **3 cups baby spinach**
- **1 cup red grapes, halved**
- **½ cup cashews, toasted**

1 Place a rack in middle of oven; preheat to 450°F. In a large bowl, whisk together oil, 1 Tbsp. curry powder, ¼ tsp. cumin, half of garlic and ¼ tsp. each salt and pepper. Add cauliflower and toss to coat. Arrange in a flat layer on a large baking sheet and roast, stirring occasionally, until golden brown and tender, about 20 minutes. Transfer to a rack to cool slightly.

2 Bring 2 cups water to a boil. Add quinoa; return to a boil. Cover, reduce heat to medium-low and simmer until liquid has absorbed, 15 to 20 minutes. (Tilt pan to check; don't stir quinoa.) Remove from heat and let stand, covered, for 15 minutes. Fluff quinoa with a fork, transfer to a bowl and let cool.

3 In a small bowl, whisk together yogurt and remaining 2 tsp. curry powder, ½ tsp. cumin and garlic. Season with salt and pepper. In a large bowl, mix quinoa, spinach and half of dressing. Top with cauliflower and grapes and drizzle with remaining dressing; toss again. Sprinkle with cashews and serve.

PER SERVING: *328 Calories, 13g Fat (3g Sat.), 3mg Chol., 9g Fiber, 13g Pro., 45g Carb., 312mg Sod., 4mg Iron, 129mg Calcium*

FOOD STYLING BY LIZA JERNOW/PLUM REPS
PROP STYLING BY BEVERLEY HYDE

PROTECT YOURSELF
This salad gives you a one-two punch of immune-boosting powers. Cauliflower packs vitamin C, and the turmeric in curry powder has curcumin, a compound that fights inflammation and may help protect against cancer.

CAULIFLOWER ICON: STEPHANIE HEENDREICKXEN/THE NOUN PROJECT



PERFECTLY IMPERFECT HAIR

Blow off your blowout! These trending styles look undone (in a good way).

BY HOLLY DAWSEY

rocker waves

"Today's waves have more of a natural flow than the defined look of the past," says New York City celebrity stylist Jeanie Syfu. To get that soft texture, prep wet strands with mousse and rough-dry. Immediately twist hair into four buns, securing with pins; let set for about 15 minutes before unraveling. Enhance your waves by wrapping a few random sections around a curling wand, dust in texturizing powder (try Schwarzkopf Styliste Ultime Biotin+ Volume & Texture Magic Powder, $7; at Walmart) and tousle. "Hair should have texture, body and even frizzies," adds New York City celebrity stylist Johnny Gaita.



chunky braid

For this trendy look, first saturate hair with a texturizing spray, such as Garnier Fructis Style De-Constructed Texture Tease Spray ($4; at mass retailers), to add thickness and grip. Bring hair over one shoulder and create a classic braid, loosely weaving three sections over and under each other; fasten with a clear elastic. Then—the key—gently pinch and pull the braid apart, says Sunnie Brook Jones, a celebrity stylist in Los Angeles. Keep a few airy wisps around your face, mist with hairspray and you're done!

Don't use a mirror when braiding doing it blind makes this look effortlessly cool.



piecey ponytail

Yes, a disheveled pony is chic now. (Convenient, right?) Create extra oomph with a volumizer, like Redken Wind Blown Dry Finishing Spray ($18; redken.com). Then make a Mohawk-like section by lifting strands from eyebrow to eyebrow toward crown. Gently backcomb the top for a fluffy, airy texture and spray with a light-hold hairspray. Pull hair back with your fingers and secure at the nape of your neck or off to one side. Finish by blasting your hairline with the cool shot on your dryer, Jones says, and add another spritz of hairspray.

SCAN TO SHOP!
SCAN THIS PHOTO TO PURCHASE THE ITEMS IN THIS STORY (LEARN HOW ON PAGE 8).

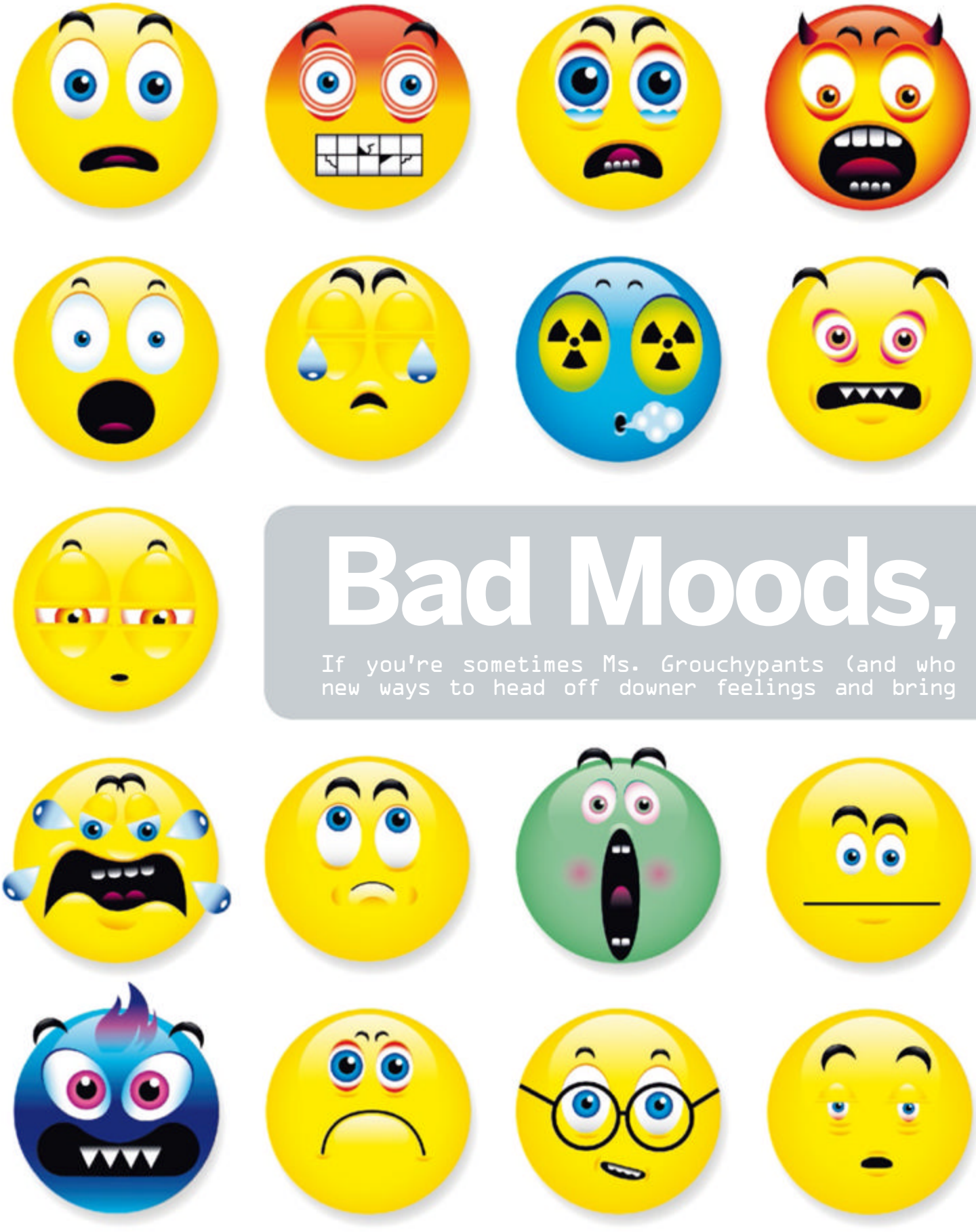


PREVIOUS SPREAD: WAVES AND BRAID, PATRIC SHAW/TRUNK ARCHIVE. THIS SPREAD: PONYTAIL, TESH/TRUNK ARCHIVE; TWIST-OUT, JAAN-ERIC FISCHER/FOLIO-ID.COM

The fewer twists you create, the fuller hair will be.

bouncy twist-out

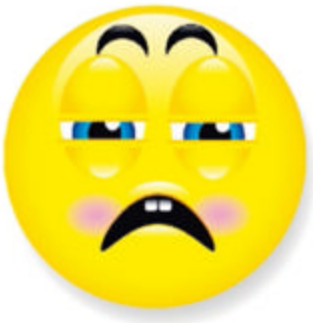
"This style is all about shape, not definition," says Los Angeles celebrity stylist Larry Sims. For max volume, set hair at night: After shampooing, blot strands with a towel and comb through. Let air-dry, then apply a hydrating curl cream, like Miss Jessie's Coily Custard ($14; target.com). Tightly twist small sections of hair all over your head from root to tip. Come morning, unravel and backcomb at the root. Rake fingers through to separate curls and apply a drop of serum for frizz control and shine. Headband: optional! ■



Bad Moods,

If you're sometimes Ms. Grouchypants (and who new ways to head off downer feelings and bring










Begone!

isn't?!), perk up: There are proven
back your happy.



BY
JANCEE
DUNN

ILLUSTRATIONS
BY
QUICKHONEY










Sigh if this has happened to you:

You're heading out the door, feeling reasonably upbeat—your outfit is cute, the weather is sunny. And then, wham! Your husband asks, "Why do you look so tired?" You forgot your phone. Oops, it's dead. And now you're late. A rotten mood builds. Though you're aware of what's happening, you can't stop it.

It's probably not much comfort to know that bad moods are having a moment: Americans reported record high levels of negativity about the future in an NBC-*Wall Street Journal* poll. "If things look uncertain, there's no question that people will be crankier than normal," says Jair C. Soares, MD, director of the University of Texas Center of Excellence on Mood Disorders. Kicking it up another notch is the amplification of social media (ISIS! Ebola!): "The 24/7 media frenzy of contemporary life makes people even more apprehensive," Dr. Soares notes.

Meanwhile, we're in one of the least perky times of year, which wears on some of us more than others. A study published in the journal *Emotion* found that inclement weather can make a person's foul mood even worse. It sure doesn't help when someone tells you to cheer up. "You're not getting any empathy," points out psychologist Guy Winch, PhD, author of *Emotional First Aid*, "and that only makes you feel annoyed."

If reading this has upset you, take heart: "It's important to have emodiversity—a variety of negative and positive feelings," says June Gruber, PhD, assistant professor of psychology at the University of Colorado, Boulder. If we're never out of sorts, we can't fully appreciate the sweetness of happiness. That said, nobody wants a terrible, horrible, no good, very bad day. The key to keeping it cheerful: Squash that snit before it starts.

How to Tame Your Bad-Mood Triggers

SOOTHE YOUR GRUMPY MIND-SET

Psychologists believe that we're wired to react more strongly to crummy happenings than pleasant ones—that on-the-edge feeling lingers as a primitive form of self-protection. And a combination of nature and nurture makes some of us moodier types. "Think of emotional resilience like an immune system," Winch says. "There are people who tend to have a stronger one than others." We're also likely to model our parents' reactions, so if Dad flipped out about small stuff like misplaced keys, you may have the same tendency.

Once you're sulky, that state spirals; grouchy people view events through tunnel vision, finds research in *The Journal of Neuroscience*. Subjects were hooked up to an MRI and shown pictures of faces superimposed over images of houses. Those in meh moods only took in information about the face; happier folks could also remember the surroundings. Per the lead study author, good moods "enhance the literal size of the window through which we see the world."

HEALTH POLL
AVERAGE NUMBER OF TIMES YOU GET IN A BAD MOOD: ONCE OR TWICE A WEEK.

When certain irritations are repeated enough, they turn into triggers that set us off even when things aren't so bad, Winch says, "because they create a kind of emotional wound." If you've dealt with a lot of computer crashes, for example, then even just Chrome quitting on you could be maddening. And watch out if the colleague in the next cubicle is a grump; a University of Notre Dame study showed that negative thinking can be passed along from one person to another, like the flu. We copy one another's nonverbal cues, including frowns and grimaces, then internalize them.

WHAT TO DO To help prevent a dour mood from brewing into a storm, take a walk or try another change of environment to stop the cycle of rumination, Gruber suggests. Or focus on doing just one thing, like crafting or cooking; a recent Harvard University study found that bad moods were most apt to strike when the subject's mind was wandering. If

you're in danger of being infected by a grouch, make like a public health expert and contain it. "When someone is complaining, you can say, 'It sounds like that was very hard for you,' and do not engage," says New York City psychologist Paulette Sherman. Instead, go find someone perky: A Harvard and University of California, San Diego study concluded that if a nearby friend is happy, you have a 25 percent higher chance of feeling brighter.

DEAL WITH YOUR NO-SLEEP SITUATION

The number of Americans who get eight hours of shut-eye is at an all-time low, per a Gallup poll—so it makes sense that crankiness may be at an all-time high. Our average is 6.8 hours a night, but it's not just quantity that's lacking—quality is compromised by our inability to surrender our smartphones and tablets until our heads hit the pillow. A survey by the marketing agency Rosetta found that 68 percent of tablet owners use the device in the bedroom. Yet a growing pile of studies assert that the blue light from gadgets ramps up our alertness and disrupts our circadian rhythms.

Why does sleep deprivation make us snappish? The emotional part of the brain, the amygdala, is much more active when deprived of sleep, finds a study by Matthew P. Walker, PhD, director of the Sleep and Neuroimaging Laboratory at the University of California, Berkeley. Normally, the more rational prefrontal cortex would put everything into context—but when the brain is sleep-addled, this relationship breaks down. Suddenly, your responses are less controlled—and you wig out when someone cuts in front of you in the ATM line.

HEALTH POLL: YOUR TOP BAD MOOD TRIGGERS: BEING EXHAUSTED AND WORK STRESS.

Adding to the problem is our belief that we can power through fatigue, which only brings on more bad moods. Walker compares this mind-set to that of drunk drivers. "After five drinks, they may think they're fine to drive home, but they're markedly impaired in their brain function," he says. "The same is true of sleep: When people regularly get less than seven hours, we can measure significant cognitive impairment."

WHAT TO DO For sounder sleep, power down gadgets an hour before bed. If you keep your iDevice in your bedroom, apply a blue-light protector film over the screen. Mega-texters, take note: A new study from Washington and Lee University in Lexington, Va., found that higher levels of texting were directly associated with more sleep problems (likely from being too wired, literally and figuratively).

Swiss researchers have discovered this not-sexy-but-effective tip for better slumber: Wear socks to bed. When your body has to work to redistribute heat from your core to the

Yes, There Are Good-Mood Foods

Seven bites that can keep you from erupting like Mt. Vesuvius, courtesy of neuroscientist Nicole Avena, PhD.

SWEET POTATOES
Research shows that the folate and other B vitamins pump up serotonin and dopamine, neurotransmitters that improve mood.

BANANAS
They're full of tyrosine, a building block for neurotransmitters.

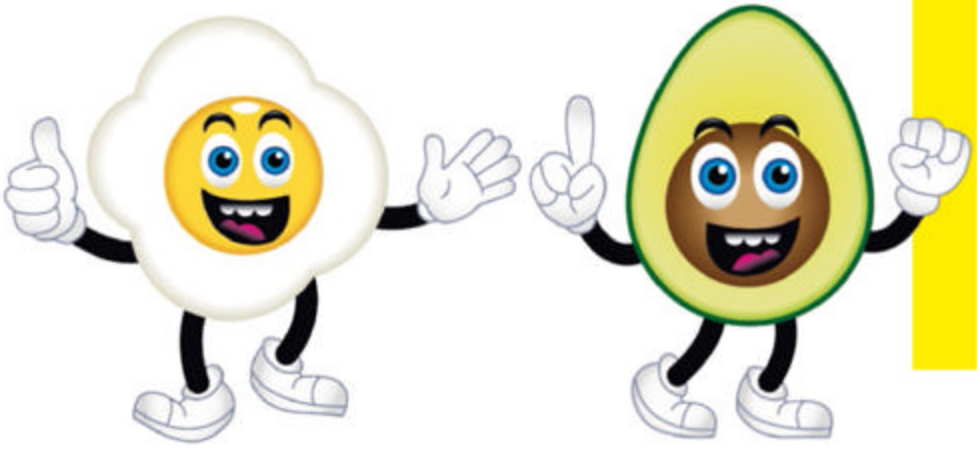
EGGS
Their balance of fat and protein stabilizes blood sugar levels.

QUINOA
This seed is filled with protein, B vitamins, magnesium and iron, all of which can help regulate serotonin levels (evening out your mood) and prevent fatigue and depression.

TOMATOES
Cooked ones, in particular, can aid in mood control because they're rich in lycopene, which fights inflammation that can stress your body out.

AVOCADOS
They are packed with healthy fats, including omega-3s, which have been shown to boost disposition.

COCONUT OIL
The medium-chain triglycerides it contains can improve the brain's production of serotonin. (Plus, as hip-hop artist Big Sean tweeted recently, "U can damn near use/put coconut oil on everything.")



extremities, the process upsets the natural release of the sleep-giving hormone melatonin. Or try the "quiet ears" technique from the University of Maryland's Sleep Disorders Center: Lie on your back with your eyes shut. Place your hands behind your head and put your thumbs in your ears so you close the ear canal. Listen to this soothing, rushing sound and off you go to dreamland. The morning after a night when you've skimped on rest, do a few minutes of meditation; it has been shown to boost energy and dampen the production of stress hormones.

STOP THE STRESS TORNADO

Anxiety has the unfortunate habit of also making you crotchety. It's similar to toddler behavior, Dr. Soares says: "Getting worked up overstimulates our minds, and it's hard to come down." One Swiss research team recently unearthed the key connection between frayed nerves and bad moods: When triggered by stress, an enzyme attacks a synaptic molecule in the brain that usually regulates mood.

WHAT TO DO Prevent that giant list of to-dos from freaking you out: "Research shows that just jotting down quick ideas for tackling things is enough to eliminate mental nagging and improve your mood," Winch says.

Of course, exercise is the magic bullet for stress reduction. Even moderate workouts help spur the release of brain-derived neurotrophic factor (BDNF), reversing the negative effects of stress. Hanging outdoors is another good idea: An analysis of 10 studies published in the journal *Environmental Science & Technology* found that people's stress levels dropped if they walked in a natural setting, like a park.

Also consider the tea cure; a study in *Psychopharmacology* found that downing a few cups of black tea daily lowered people's cortisol levels (a hormone tied to stress) by 47 percent. If nothing else, popping a piece of gum in your mouth may help, according to a recent study that found that keyed-up people had lower saliva levels of cortisol after chewing gum.



HEAD OFF HANGRY

There's a reason you get prickly when your stomach has been empty for too long: Skipping meals causes fluctuations in serotonin, the brain chemical responsible for mood balance. When your blood sugar plummets, loved ones may suffer along with you (as your partner might well know): A new study of married couples from Ohio State University found that people with low blood sugar were much more likely to get angry at their spouse.

Refined sugar is another crabbiness culprit. That vending-machine candy bar will spike your blood sugar—then plunge both it and your mood lower. Down too much sugar and the brain's reward system goes through withdrawal if you don't give it a constant supply, says Nicole Avena, PhD, assistant professor at the Icahn School of Medicine at Mount Sinai

Get Happy, *Fast*

TRY A HIGH-OCTANE WORKOUT

Fifty minutes of moderately intense running or cycling crank up production of body chemicals called endocannabinoids (yep, like the cannabinoids in marijuana), research shows. Add in the resulting endorphin rush and your spirits should surge.

VENT

You don't even need a human handy: A report in *Psychological Science* found that when people scribbled down negative thoughts on a piece of paper and threw it away, they were much less affected by them later; evidently, chucking bad vibes tells your brain they are gone for good. So go ahead and fill the garbage with *Boss says the proposal I worked on for three weeks is a "great start"/Neighbor says I look like my Corgi "in a good way"/Friend just said, "I love how you're not obsessed with your clothes."*

CHANGE YOUR WALK

Time to master the Beyoncé strut. In a study in the *Journal of Behavior Therapy and Experimental Psychiatry*, people were shown positive and negative words. Then they were made to walk in a happy, confident style (arms swinging, head thrown back) or a grumpy, get-away-from-me way (shoulders rolled forward). Afterward, the hunched-over group remembered many more negative words than positive ones—suggesting that their stroll style doomed them to a gloomy mind-set.

RETHINK YOUR COMMUTE

Of all commuters, people who ride bikes to work have the sunniest moods, according to a study from Clemson University in Clemson, S.C. Thank the combination of exercise, mood-lifting nature and not having to deal with a stalled car. Bus riders are far crankier. (Also, they don't get to wear cool bike-riding gear.)

ASK TWO QUESTIONS

When the day threatens to go south, psychologist Guy Winch, PhD, asks himself, "Is this worth being in a bad mood for?" And then he considers, "Is this something I'm going to remember in a month's time?" Instant perspective.



3 STRATEGIES FOR Morning Crabs

OPEN YOUR SHADES
Sunlight revs production of the mood-regulating neurotransmitter serotonin. Also, have whole grains for breakfast; because most are full of fiber, they digest more slowly, staving off hangriness.

START A HAPPY HABIT
"Stretch, listen to music, follow a deep-breathing app," says psychologist Paulette Sherman. "This may give you more positive associations with morning time."

CHECK TWITTER
Between 8 and 9 a.m. is when sleep-refreshed users are most likely to tweet upbeat, enthusiastic messages, says research published in *Science*.



3 STRATEGIES FOR Night Crabs

HAVE A TRANSITION RITUAL
It's good to have a buffer period to let go of the stress of the day, Sherman says, whether it be reading alone for an hour, going on a run or having joke night at dinner.

RESIST THE BOOZE
A couple of glasses of pinot noir may take the edge off, but you know it: Alcohol is a depressant that will leave you feeling down in the morning.

NEVER GO TO BED MAD
Harvard University scientists recently found that hitting the hay after experiencing negative emotions seems to fortify your memory of them. Work it out!

in New York City. "The resulting 'sugar rage' looks like what you'd see if there was an addiction to something like nicotine," she says. "There have been lab studies on rats who eat sugar where the rats will actually bite investigators when they take it away because they're so angry."
WHAT TO DO Eat every three to four hours or so if you're prone to food mood swings, choosing unprocessed foods as much as possible. Regularly nosh on good-mood foods. Stick with your resolve to avoid trans fats; researchers at the University of California, San Diego have discovered a link between trans fats and irritability (it's been shown that they interfere with the production of mood-stabilizing omega-3s). Oh, and if you need to have a difficult conversation with your mate, it couldn't hurt to first have some protein. Major issue? Break out the porterhouse steaks.

ESCAPE PMS HELL

While some studies have failed to find a connection between moods and the premenstrual phase of women's cycles (GROWL!), experts are discovering that brain chemicals can play a role. A decade-long study from the University of Massachusetts at Amherst found that women who got more than 20 milligrams of iron a day were 30 to 40 percent less likely to develop PMS. Researchers theorize that iron may lift spirits because it's involved in the production of serotonin. Hormones also impact your mind-set. In a study co-authored by Hadine Joffe, MD, director of the Women's Hormone and Aging Research Program at Harvard, almost one-third of women reported experiencing a mood change when they went on the pill. Surprisingly, she says, "mild mood symptoms are very common in perimenopause, when hormones go up and down a lot."
WHAT TO DO Several days before that time of the month, cut down on sugar, salt, caffeine and alcohol to help head off PMS. Electromagnetic therapy, long used to treat depression, may bring PMS relief. Some women swear by a thin adhesive patch they place on their stomachs that emits low-energy electric pulses. (Allay has a seven-day patch for $7.50 at www.myallay.com.) We know what you're thinking: "If it helps my PMS, I'll wear the patch on my forehead!" And we hear you. ■

HEALTH POLL
CELEBRITIES MOST LIKELY TO PUT YOU IN A BAD MOOD: KIM KARDASHIAN, ANY OF THE REAL HOUSEWIVES AND MILEY CYRUS.

Deal with Someone Else's Bad Mood!

First thing to do when confronted with a hissing person who may or may not be your husband: "Simply say, 'Are you in a bad mood? You seem upset,'" suggests Guy Winch, PhD. "That gives them perspective and makes them feel supported." If your partner stays in a funk, says Paulette Sherman, resist the urge to lure him out of it. "In my experience as a marital therapist, it's hard for women to tell themselves that this is his mood and he has to solve it. But you need to make that differentiation." If a grouch is headed your way at the office, try Sherman's visualization technique: "Picture a protective field around you and say to yourself, 'I choose to be positive.'"



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Treat Yourself!

Go on—indulge: Each of these luscious desserts is full of good-for-you ingredients, so you can enjoy guilt-free.

WHAT MAKES IT SPECIAL

> High in fiber
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CHOCOLATE INFINITY PIE

(recipe on page 142)

Get ahead

You can make this crust in advance. Cover and keep frozen for up to 2 weeks.

PHOTOGRAPHY BY LARA FERRONI

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 8.



On the dark side

Use Grade B (or Grade A, Dark Color, Robust Flavor) maple syrup. It's darker and more flavorful than most Grade A types (the quality is the same).

THE ULTIMATE UNBAKED BROWNIES

Prep: 15 minutes
Chill: 2 hours
Yield: 16 brownies

- 2½ cups loosely packed pitted dates
- 1½ cups walnuts
- ½ cup plus 2 Tbsp. cacao powder or unsweetened cocoa powder
- 2 tsp. vanilla extract
- ⅜ tsp. salt
- ¼ cup pure maple syrup
- 2 Tbsp. vegetable oil or melted coconut oil

1 Combine dates, walnuts, 6 Tbsp. cacao powder, 1½ tsp. vanilla, 2 tsp. water and salt in a food processor. Process until completely smooth.

2 Lightly grease an 8-inch square baking dish, or line dish with parchment or waxed paper. Transfer dough to dish. Press dough very firmly into dish with your hands until dough is evenly distributed.

3 In a medium mixing bowl, combine remaining ¼ cup cacao powder, remaining ½ tsp. vanilla, maple syrup and oil. Stir until mixture forms a paste (this is the frosting). Spread paste evenly over dough in baking dish. Refrigerate brownies for at least 2 hours to set, then cut into squares. Refrigerate any leftovers in a covered container for up to 2 weeks, or freeze for up to 2 months.

PER SERVING (1 brownie): *207 Calories, 10g Fat (2g Sat.), 0mg Chol., 5g Fiber, 4g Pro., 29g Carb., 63mg Sod., 3mg Iron, 39mg Calcium*

(pictured on page 141)

CHOCOLATE INFINITY PIE

Prep: 20 minutes
Freeze: 4 hours
Chill: 6 hours
Serves: 12

Crust:

- 1 cup pitted dates
- 1 cup almonds
- ⅓ cup walnuts
- ⅓ cup cacao powder or unsweetened cocoa powder
- ¼ tsp. salt

Filling:

- 1 12.3-oz. package firm silken tofu
- 1⅓ cups chocolate chips, melted
- 3 Tbsp. pure maple syrup or raw agave
- 2 Tbsp. dairy or nut milk of choice
- 1 tsp. vanilla extract
- 2 tsp. cacao powder or unsweetened cocoa powder
- Scant ⅛ tsp. salt

1 Make crust: Line bottom of an 8½-inch springform pan with parchment. Combine crust ingredients plus 1 Tbsp. water in a food processor; process until fine crumbs form. Press dough into prepared pan, pressing up along sides. Freeze until set, at least 4 hours.

2 Make filling: Combine filling ingredients in a food processor or blender; process until completely smooth. Pour into prepared piecrust. Refrigerate, uncovered, for at least 6 hours to firm up. Refrigerate any leftovers in a covered container for up to 4 days.

PER SERVING: *280 Calories, 16g Fat (5g Sat.), 0mg Chol., 6g Fiber, 7g Pro., 33g Carb., 84mg Sod., 4mg Iron, 74mg Calcium*

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 8.

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Did you know?

This pie's secret ingredient, cauliflower, contains compounds that may lower the risk of breast and ovarian cancers.

LEMON MELTAWAY PIE

Prep: 20 minutes
Soak: 6 hours
Freeze: 3 hours
Serves: 12

- **1 cup raw cashews or macadamia nuts**

Crust:

- **1 cup rolled oats**
- **½ cup shredded unsweetened coconut**
- **¼ cup vegetable oil or melted coconut oil**
- **1 Tbsp. sugar**
- **¼ tsp. salt**

Filling:

- **2 cups loosely packed frozen cauliflower, thawed completely**
- **⅓ cup melted virgin coconut oil**
- **¼ cup plus 2 Tbsp. lemon juice**
- **1 Tbsp. vanilla extract**
- **¼ cup maple syrup**
- **¼ tsp. salt**

1 In a medium bowl, cover nuts with water and soak for 6 to 8 hours. Make crust: Line bottom of an 8½-inch springform pan with parchment. Combine crust ingredients in a food processor; process until fine crumbs form. Press dough into prepared pan, pressing up along sides.

2 Make filling: Drain nuts completely. Combine nuts and filling ingredients in a food processor; process until completely smooth. Transfer filling to prepared piecrust and freeze until firm, at least 3 hours.

PER SERVING: *234 Calories, 18g Fat (9g Sat.), 0mg Chol., 2g Fiber, 4g Pro., 16g Carb., 106mg Sod., 1mg Iron, 17mg Calcium*



Recipes adapted from *Chocolate-Covered Katie,* by Katie Higgins. Copyright © 2015 by Katie Higgins. Used with permission from Grand Central Life & Style. All rights reserved.

SCAN, SHOP AND SAVE THE RECIPES. SEE PAGE 8.

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Spice Things Up!

Make your own seasoning blend—it's a no-fuss way to wow your taste buds.

Recipes developed by
LARAINE PERRI

1. Moroccan Spice Blend

Especially delicious on chicken and root veggies.

Yield: Scant ¼ cup

- 2 tsp. cumin
- 1½ tsp. ground coriander
- 1½ tsp. ground ginger
- 1 tsp. paprika
- 1 tsp. cinnamon
- ¼ tsp. ground cardamom
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ⅛ tsp. allspice
- ⅛ tsp. cayenne
- Pinch of ground cloves

2. Taco Seasoning

Not just for tacos! Use it in chili, tortilla soup or fajitas.

Yield: Scant ½ cup

- 2 Tbsp. New Mexico chili powder
- 2 tsp. cumin
- 2 tsp. smoked paprika
- 2 tsp. cornstarch
- 1 tsp. dried oregano
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- ¼ tsp. cayenne

3. Italian Seasoning

Try it on everything—fish, chicken, potatoes, an omelet or garlic bread.

Yield: ⅓ cup

- 2 Tbsp. dried basil
- 2 Tbsp. dried oregano
- 1 tsp. dried rosemary, crumbled
- 1 tsp. garlic powder
- ½ tsp. crushed red pepper flakes
- ½ tsp. dried thyme
- ½ tsp. dried marjoram
- ¼ tsp. kosher salt

Keep it fresh

Don't sprinkle from the spice jar into a steaming pot. Dip in a clean, dry spoon, then reseal to avoid letting in moisture that can cause clumping or breed bacteria.

PHOTOGRAPHY BY ROMULO YANES

FOOD STYLING BY LIZA JERNOW/PLUM REPS; PROP STYLING BY MEGAN HEDGPETH



















40 years of "I Do's" as well as a few redo's.

People love People



BETH LIPTON is Health's *food director. Keep up with her inspiring food and fitness images at instagram.com/healthmagazine.*



Pump up the produce! You'll feel fuller longer.

Eat More, Lose More

No need to go hungry if you're slimming down—use this trendy tactic and enjoy full plates.

By **BETH LIPTON**

I LOVE TO EAT. AND I'M lucky: As a food editor, it's my job. So I always wonder about weight-loss advice that says to eat less and move more.

Be more active: Sure, that's always good. But eat less? Hmm. I have a hard time wrapping my head around the idea. Consider the times you've gone on a "diet" or resolved to cut out a certain food. When I've done that, the only thing I could think about was food, particularly the stuff I decided I couldn't have.

These days, I'm all about abundance—as in, I load up my plate with healthy food so I have barely any room for less healthy fare. This strategy is called crowding out, and nutritionists, health coaches and athletes are using it as an alternative to traditional diets.

THE RULES OF CROWDING OUT

▸ Ease into it

For this tactic to work, you have to genuinely like healthier foods. It can be an adjustment, especially if your diet includes processed foods. Thing is, "when you eat more simply, your cravings change," says Brendan Brazier, author of the *Thrive* book series and a former pro Ironman triathlete. "Stuff you used to go for, like potato chips and packaged cookies, begin to seem overflavored, and you want them less." One European study found it can take as few as 18 days to form a new eating habit, though it varies by person. Start small: Have avocado instead of dressing on a salad, and sauté vegetables with olive oil, garlic and a bit of salt and pepper instead of a rich sauce.

▸ Vegetables, vegetables, vegetables

You can eat nonstarchy ones with abandon, just as long as they're not deep-fried. Begin with breakfast: Scramble an egg or two with a cup of chopped onions, peppers, mushrooms and/or spinach. (The scramble will look like a lot of vegetables with a little bit of egg holding it all together—that's what you want.) At lunchtime, take half your regular amount of sandwich fillings and place them on a big bowl of mixed greens instead of bread. Or make substitutions in foods you already love: Replace some of the beef in Mom's stew recipe with extra chunks of parsnip, carrots or mushrooms.

▸ Crowd out, don't pile on

"What you want to avoid is just adding healthy items to your usual intake, which could result in overeating," notes Brittany Kohn, a registered dietitian in New York City. She suggests having, for example, a baked sweet potato to crowd out a side of French fries, rather than eating both.

▸ Grab something sweet

"Add a sweet-tasting item to your main course to fight urges for sugary desserts," advises health coach Katrine van Wyk, author of *Best Green Eats Ever.* "I love a salad with apple or pear. It's a simple tweak that makes my clients feel more satisfied with fewer cravings."

I say it all the time: Eating is one of life's great pleasures. Food is fuel, nourishment, sharing, joy, celebration. Battling your hunger just leads to frustration. Instead, I've learned to love—and be creative with—all the amazing whole, largely plant-based foods I can down with gusto. Go ahead: Embrace eating! ■

TRY THIS DESSERT HACK

Craving a sweet and creamy treat? Whir a frozen banana in the blender with a little vanilla. Voilà: "ice cream."

PLEASE SHARE! → **Do you have a healthy-cooking question or a comment?** Email me at beth.lipton@health.com.

GOTTA HAVE IT

Cooking spray is convenient, but I've always wondered about the oil's quality. No more: Now I use Extra Virgin Olive Spray Oil by La Tourangelle ($8 for 5 oz.; at grocery stores). It's organic, non-GMO, cold-pressed oil, plus it has no propellant.



SCAN THE OIL TO PURCHASE. SEE PAGE 8.

FRUITS AND VEGETABLES, LEVI BROWN/TRUNK ARCHIVE; LIPTON, MARK RUSSELL; PRODUCT IMAGE COURTESY OF MANUFACTURER

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Four Superfoods We're Overeating

Cheeseburgers and brownies aren't the only things to limit. Even some good-for-you edibles can be bad in large doses. Learn which ones here.

By **CYNTHIA SASS, RD**

WHEN IT COMES TO DIET, you can totally have too much of a good thing. Even the healthiest foods, in big quantities, may have side effects. And today, with our increased zeal for superfoods, the risk of overdosing on certain power eats has multiplied. Here are my top culprits—plus how to stay balanced.

#1

Kale

For nutrients and antioxidants per calorie, few foods compare to kale. But our current obsession with this leafy green may be overkill: Kale's appearance on U.S. restaurant menus jumped nearly 400 percent from 2009 to 2013. And the number of new kale products introduced globally more than tripled between 2007 and 2012, per Innova Market Insights.

Women I know are whipping up a green juice (many of which contain far more kale than they could eat in one sitting concentrated into 16 ounces) in the morning, having kale salad for lunch and snacking on kale chips at night. The potential side effect? Kidney stones. Kale contains oxalate, which can bind with calcium to form stones. While other foods (like spinach) are higher in oxalate, megadoses of kale could make it a problem for those susceptible to stones.

THE BEST BALANCE

Choose a kale-rich green juice *or* a big kale salad per day. On days you have whole kale, you can still do green juice; just make one with a low-oxalate ingredient like cucumber and a variety of other vegetables.

#2

Sushi

One of the simplest (and yummiest) ways to get the recommended twice-weekly servings of ocean fare is to hit the local sushi joint. But plenty of busy women overrely on it.

While sushi does offer lean protein and heart- and brain-protective omega-3s, mercury in fish (from pollution) is a real concern. And it can be easy to OD on it via sushi, per a recent study. Researchers at Rutgers University interviewed 1,289 men and women about their sushi intake and tested fish samples. Among the tuna, eel, salmon and crab, tuna had the highest levels of mercury. Researchers estimated that mercury exposure for people who ate seven sushi meals consisting mostly of tuna per month exceeded the EPA's recommendations. The scary part: Symptoms of mercury overexposure (vision issues, tingling fingers and muscle weakness) may not show up for months, or even at all.

THE BEST BALANCE

A good sushi option is a brown rice California roll; it's made with crabmeat, so it's fine twice a week. It's best to limit bigger fish like certain types of mackerel and tuna, which tend to have more mercury—particularly if you're pregnant, planning to get pregnant or nursing.



ROLL CALL

Choose sushi carefully—mercury levels vary by type.

SUSHI: BRIAN HAGIWARA STUDIO INC/GETTY IMAGES



#3

Fortified foods

If you shop for cereals, energy bars, orange juice and bottled water, you've probably seen labels bragging about added nutrients. Check those labels carefully, however. Some cereals boast 100 percent of the daily value (DV) for many vitamins and minerals. While fortification helps ensure that you're not lacking in nutrients like vitamin D, ingesting a total day's worth of zinc, iron, B vitamins and more from one product ups your likelihood of getting a surplus. This is especially true if you take supplements or have more than one fortified food a day. If you want a boost, buy brands fortified with no more than 50 percent of the DV for any nutrient.

Consistently going far above the daily allowance can push you toward your tolerable upper intake level (UL), the point at which good nutrients can become dangerous. One European study suggested that people who ate large amounts of dairy could exceed the UL for calcium when adding things like calcium-fortified orange juice and oatmeal. Passing the daily 2,500-milligram limit regularly can cause constipation and kidney problems. Too much zinc may reduce immune function and HDL (good) cholesterol levels.

THE BEST BALANCE

Skip products that pack 100 percent of your DV for any one nutrient. Consume plenty of whole foods instead.

#4

Seaweed

Once only health food staples, chips, spice concoctions and salad mixes made of sea plants like nori and kombu are now in the grocery. You can also find this power green—which has been linked to heart health—in sushi rolls and seaweed salads. The problem? Seaweed is often super rich in iodine. Too much can lead to thyroid problems, which can cause weight fluctuations. In one study, a 39-year-old woman was diagnosed with hyperthyroidism after downing tea that contained kelp for four weeks.

THE BEST BALANCE

I generally recommend that clients get their kelp fix safely by stopping at one fresh seaweed salad (in addition to sushi) once a week. Steer clear of the teas, unless prescribed by a doc, and keep seaweed snacks to one serving a day. If you notice fatigue or weight changes, though, cut them out completely. ■

MERCURY METER

To make sure mercury doesn't build up in your system, keep careful watch on how often you order ocean fare. Learn which types of fish fall where on the spectrum, per the Natural Resources Defense Council (NRDC).

VERY HIGH

AVOID EATING

Swordfish, bigeye or ahi tuna, marlin, king mackerel, tilefish, shark

HIGH

Spanish or Gulf mackerel, canned albacore tuna, yellowfin tuna

Play it safe: Have no more than three servings a month, says the NRDC, and don't eat any other seafood (even if it's low-mercury) without checking the NRDC's mercury calculator (nrdc.org).

MODERATE

Canned chunk-light tuna, halibut (Atlantic or Pacific), lobster, mahimahi

Play it safe: Stick to roughly one serving a week, and refer to the mercury calculator before consuming any other fish or shellfish.

LOW

Shrimp, crab, salmon, tilapia, North Atlantic or chub mackerel

Play it safe: Consume up to 12 ounces a week (assuming this is the only seafood you're eating).

CEREAL: LEVI BROWN/TRUNK ARCHIVE



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WHICH IS HEALTHIER?

BOWL FACE-OFF

By **LESLIE BARRIE**



Asian Noodle Bowl

23 ounces

920 CALORIES

21g Fat (4g Sat.), 11g Fiber, 29g Pro., 127g Carb.

VS.

THE WINNER

Burrito Bowl

22 ounces

665 CALORIES

23g Fat (8g Sat.), 19g Fiber, 51g Pro., 68g Carb.

Bowled over by burrito bowls? Have no guilt. "As long as you're smart about what ingredients you choose, a burrito bowl isn't too much of a splurge food," says Dawn Jackson Blatner, RD, a dietitian in Chicago. It's full of lean protein (you get about 7 grams from the beans alone, along with roughly 32 grams from the chicken), plus lettuce and tomato. Add fajita veggies for an extra hit of vitamin C. The diet wrecker, though: sour cream. At 115 calories per 2-ounce serving, it can take your meal from fine to over-the-line. And the cheese is a big source of saturated fat, so if you want to really skinny up your order, nix that, too. Meanwhile, Asian noodle bowls tend to be a carb overload—around 100 or more grams, which is about half of what's generally recommended for a day—and mostly refined carbs at that. Next time, opt for one with more broth than noodles.

Trim Your Takeout



Go Ramen
→Just not the instant kind. At restaurants, you get fresh veggies, filling protein and a similar calorie count to a burrito bowl.



Dodge Extra Dressing
→With all the toppings on your burrito bowl, drizzling on salad dressing is overkill flavorwise, and it increases the calorie total.



Avoid Killer Crunch
→Skip tostada salads—the tortilla shell can bring the dish beyond 1,000 calories, easy. Have a regular salad to cut the calories in half.



Beware of Bloat
→Soy and hoisin sauces in some noodle bowls pack a lot of sodium, which can puff you up, so don't add more yourself.

FOOD STYLING BY LIZA JERNOW/PLUM REPS; PROP STYLING BY MEGAN HEDGPETH; ILLUSTRATIONS BY RAMÓN A. GAMARRA

PHOTOGRAPHY BY TRAVIS RATHBONE

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